



مركز الوقت للتدريب
Time Training Center

BRILLIANT BODY LANGUAGE COURSE

Introduction

Understanding and mastering body language can significantly enhance personal and professional interactions. This course equips participants with the skills to interpret non-verbal cues, project confidence, and communicate effectively across diverse contexts. Ideal for professionals who want to strengthen their influence, build rapport, and navigate multicultural environments, Brilliant Body Language offers practical tools that are essential in today's global business world.

Learning Objectives

- Interpret key non-verbal communication signals
- Align body language with verbal messaging
- Build rapport and trust using body language
- Adapt non-verbal communication across cultures
- Detect deception through physical cues
- Develop a personal body language improvement plan

Course Details

Mode of Training	Classroom or Online
Duration	3 Days

Who Should Attend

- Business professionals seeking stronger communication skills
- Sales and customer service representatives
- Public speakers and trainers
- HR and recruitment specialists
- Leaders and managers working in multicultural environments

Certificate(s)

Participants who complete a minimum of 80% of the total training hours will receive a **Certificate of Completion** issued by **Time Training Center**. This certificate reflects their active participation and commitment to professional development in the relevant field.



Course Outline

Module 1: The Power of Non-Verbal Communication

- Understanding what body language is and why it matters
- Aligning verbal and non-verbal communication
- Common myths about body language

Module 2: Reading the Signs

- Facial expressions and micro-expressions
- Eye contact: trust signals and deception clues
- Posture, gestures, and spatial behavior (proxemics)

Module 3: Mastering Your Own Body Language

- Developing a confident presence
- Using power poses to influence perception
- Controlling unconscious signals (hands, feet, posture)

Module 4: Body Language Across Cultures

- Cultural differences in non-verbal communication
- Avoiding misinterpretations in global interactions
- Building rapport in multicultural environments

Module 5: Practical Business Applications

- Building trust and rapport in meetings and negotiations
- Using body language in presentations and public speaking
- Recognizing and responding to body language cues from clients and colleagues

Module 6: Detecting Deception

- Signs of lying: recognizing inconsistencies
- Spotting fake smiles and defensive behaviors
- Practical exercises: real-world case studies



Module 7: Developing Your Body Language Action Plan

- Personalized strategies to enhance daily communication
- Practice drills and feedback
- Setting goals for continuous improvement

Methodology

We employ a comprehensive and applied learning strategy, integrating theory with real-world implementation:

- ❖ **Conceptual Learning:** Expert-led sessions on catalytic theory and engineering principles
- ❖ **Interactive Workshops:** Group exercises, presentations, and technical discussion forums
- ❖ **Case-Based Learning:** Industry-specific examples and troubleshooting scenarios
- ❖ **Technology Integration:** Digital tools, simulations, and catalyst modeling applications
- ❖ **Assessment:** Pre-tests, post-tests, and Competence Validation Exams for Certified courses to ensure knowledge transfer and skills validation

Note: Instructors may adjust the training approach to fit technical requirements or participant engagement levels.

Instructors

Our facilitators are communication specialists with extensive experience in soft skills coaching, leadership presence, and public speaking. With over 10 years in professional development, they bring real-world insights and coaching techniques that help participants transform their non-verbal communication. Trainer profiles, including credentials and experience, will be shared upon course confirmation.

About Time Training Center

Time Training Center is a leading professional training institute in Abu Dhabi that provides students and professionals with quality education and skill development programs. Time Training Center is accredited by the Abu Dhabi Center for Technical Vocational Education & Training (ACTVET) with a specialization in Computer and Management Training programs and certified by QA QC with ISO 9001:2015.

Operating in Abu Dhabi for over 3 decades, Time Training Center has established brand value as a high-quality Management & Technical Training Center in Abu Dhabi. We have also secured strong loyalty from corporate companies and associations with our holistic and practical teaching approach.

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