

NON-VERBAL COMMUNICATION SKILLS

By the end of this course, students will have gained a comprehensive understanding of non-verbal communication and developed the skills necessary to navigate in both personal and professional interactions.

Understanding non-verbal communication

- 1) Defining non-verbal communication and its significance
- 2) Differentiating between verbal and non-verbal cues
- 3) The impact of non-verbal communication on relationships and perceptions

Body language and gestures

- 1) Interpreting body language signals
- 2) The significance of gestures and postures in communication
- 3) Using body language to convey confidence and openness

Facial expressions

- 1) Recognizing and interpreting facial expressions
- 2) Understanding microexpressions and their role in communication
- 3) Aligning facial expressions with verbal messages

Eye contact and gaze

- 1) The importance of eye contact in communication
- 2) Differentiating appropriate and inappropriate gaze
- 3) Using eye contact to build connection

Vocal cues and paralinguistics

- 1) Understanding the nuances of voice tone, pitch, and pace
- 2) Conveying emotions through vocal cues
- 3) Using paralinguistics to enhance verbal communication

Assessment and Practical Application:

Interactive exercises to practice and refine non-verbal communication skills