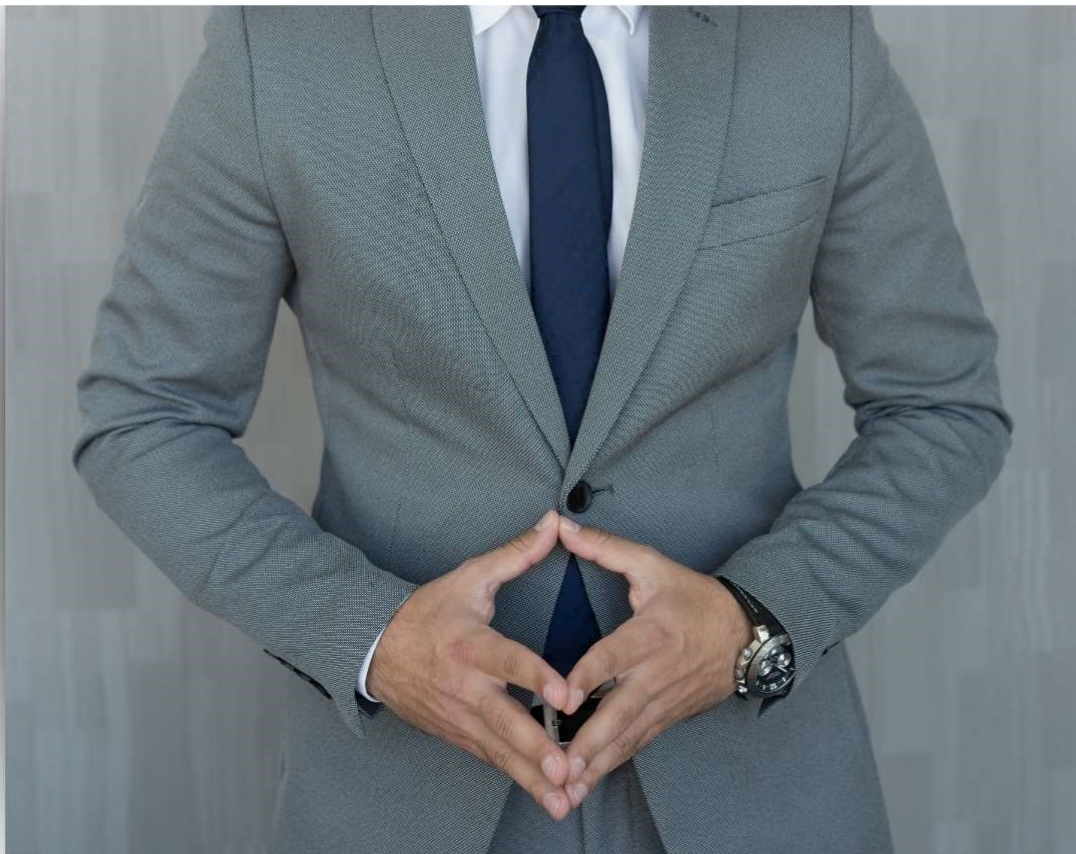


MASTERING BODY LANGUAGE

Body language plays a crucial role in human communication. It is a non-verbal form of expression that can convey emotions, attitudes, and intentions without uttering a single word. Understanding and utilizing body language effectively can significantly enhance our ability to communicate with others and establish stronger connections.



In this lesson, we will explore the key components of body language and learn how to interpret and use it to convey confidence, empathy, and approachability

Students will explore the significance of body language in communication and its impact on interpersonal relationships.

- Understanding non-verbal cues, decoding facial expressions and gestures, and considering cultural differences.
- Developing positive body language, projecting confidence and assertiveness, and using body language effectively in different settings like interviews and public speaking.
- Learn to read others' body language, build rapport through mirroring and open postures, and engage in active listening.