

Integrated Course on Personality development Body Language and Modelling **45hrs session**

Here's What You Will LEARN In This Course. Refer voucher for more details

I Body Language Basics

Body Language basics provides you with skill sets to understand that what you say shall come along with body behavior .It improvises you to communicate thoughts in best efficient manner and understand the way your body is seen while you communicate you will understand, adjust and improvise the way you communicate non-verbally.

To enhance your career it is vital to interpret body language in workspace. Body language is a form of communication, and like any other form it is groomed through practice. Whether it is sales or management, it is essential to understand and respond well to others body language, whether they are conscious or unconscious signs, subtle or obvious.

Can you be sure whether some is speaking truth just by their gestures? It is a skill that a lot people do not have.

Body Language Basics you will give set of tools that will give you advantage over others in managing, organizing and making conversations effective and efficient.

Course Goals

Define body language

Understand essence of interpreting body language

Recognize common mistakes while interpreting body language

Learn to interpret basic body language gestures.

Understand your own body language and what you are communicating.

Practice your body language skills.

Course Overview:

Module One: Getting Started

Workshop Objectives

Module Two: Communicating with Body Language

Learning a New Language

The Power of Body Language

More than Words

Actions Speak Louder than Words

Case Study

Module Three: Reading Body Language

Head Position

Translating Gestures into Words

Open Vs. Closed Body Language

The Eyes Have It

Case Study

Module Four: Body Language Mistakes

Poor Posture

Invading Personal Space

Quick Movements

Fidgeting

Case Study

Module Five: Gender Differences

Facial Expressions

Personal Distances

Female Body Language

Male Body Language

Case Study

Module Six: Nonverbal Communication

Common Gestures

The Signals You Send to Others

It's Not What You Say, It's How You Say It

What Your Posture Says

Case Study

Module Seven: Facial Expressions

Linked with Emotion

Micro-Expressions
Facial Action Coding System (FACS)
Universal Facial Expressions
Case Study

Module Eight: Body Language in Business
Communicate with Power
Cultural Differences
Building Trust
Mirroring
Case Study

II Personality Development

Personality Development quintessentially means enhancing and grooming one's outer and inner self to bring about a positive change to your life. Each individual has a distinct persona that can be developed, polished and refined. This process includes boosting one's confidence, improving communication and language speaking abilities, widening ones scope of knowledge, developing certain hobbies or skills, learning fine etiquettes and manners, adding style and grace to the way one looks, talks and walks and overall imbining oneself with positivity, liveliness and peace.

Personality Development will develop following skill sets

Overcoming Social Phobia

Prepare Yourself Mentally

Face Your Fears

Be Engaged Socially

Develop A Positive Attitude

Try Adjusting Your Attitude

Try To Speak Up clear

Be An Inquisitive Listener

Practice Diversion Techniques

Module One

Understanding limitless possibilities
Skill sets to unleash potential in you
Execute vision and thoughts into action
conscious of happenings around you
confidence to save your self
case study

Module Two

Insight into your cosmos
Channelize actions through cosmos
case study

Module Three

Modulate your emotions
Channelize emotions
Channelize strength and weakness
Channelize emotions for self-benefit
case study

Module Four

To be a Risk Taker
Fear management
Planning Skills
Organizing skills
Self-Management skills
case study

III Modeling and Acting Course

Acting technique is paramount to anyone wanting to be a serious actor. It's quite easy to imitate a character or even an emotion, but where's the depth in that? How can you sustain or repeat again what you might have found intuitively? Do you even know what you did or how you did it? The technique, however, will help you find a character, which in turn informs how you approach the text/script/written word. How do you bring the dialogue alive? How do you know what choices to make? The goal of a trained actor is to become a fully realised three-dimensional character, with a rich backstory

Here's how you will attain character building

Module One

Attitude enhancement

Faith enhancement

Case Study

Module Two

Introductory to Course

Forms of Acting

Methods in Acting

Folk form

Dos and Don'ts in Acting

Case Study

Module Three

Voice Modulation

Posture Modulation

Emotions Modulation

Acting for Different Platforms

Case Study

