



## **Body Language Course**

*For better understanding!  
For increased communication!*

Studies have shown that specific brain areas are activated in response to the non-verbal communication we observe in our world. We continually respond or react to those signals on an unconscious level every day.

Body language is a visual language and research has shown that 50% to as much as 100% of your message is communicated through your body language. However, only a few people are consciously aware of the actual meanings and interpretations of gestures to utilise this information effectively in their lives.

### **Overview of Course Content**



- Definitions of Body Language
- How Body Language affects Communication
- Why use the science of Body Language?
- Positive and Negative Body Language
- Cultural differences
- Detecting Deception and Lies
- Recognising Suspicious or Anxious behaviour
- How do you impact others
- Build Confidence through awareness

This half day course gives an overview of body language and educates awareness in the subtle messages communicated by the body, creating a working tool to better understand others, control your own body language and help improve observation and communication skills. It is an interactive course generating greater connection within the individual and the group through multi-media, visual and experiential methods.

### **Why Learn Body Language?**

What's in it for me?



- to improve communication skills
- to build a sense of trust and rapport with others
- to increase perception, observation and assessment skills
- to differentiate between truth and lies in real time
- to identify and recognise suspicious behaviour
- to interact with cultural understanding
- to increase confidence and command respect in any situation.
- to give you the edge to achieve goals when interacting with people
- to increase conscious awareness of the impact you can have in your life

***'Your words tell me a story, but your body tells me the whole story!'***



## Your Facilitator

Suzanne Masefield is the Director of Think Success Limited and Synergy Effect Coaching. She is a preferred coach to many leaders, managers and entrepreneurs with clients throughout Australasia and Europe.

Suzanne's highly tuned intuitive abilities' alongside her training, allows her to read people, enabling her to empower growth and change at a core level to encourage people to realise their full potential.

A background in public relations, sales and management at a significant corporate level, alongside 20 years personal experience and international qualifications in Mind/Body Analysis, Counselling, Yoga, Reiki Master, Anatomy and Physiology, Emotional Anatomy, Hypnotherapy, Life and Leadership Coaching, give her the tools to inspire self awareness, response-ability, effective communication and empowerment, personally and professionally in the workplace.

*"Leadership starts with the individual - when a human being is focused to create a strong inner foundation, given support and guidance a 'magical' thing happens,"* Suzanne explains.  
*"They extend themselves beyond what they ever thought possible and achieve **amazing results!**"*

### **Create Your Own Destiny**

*"My world has changed - it is lighter, brighter and so much more connected.  
My business has more - direction, energy and purpose, it's all come together."*

**Bill James, MD - Inspired Learning Systems Limited**

*"The clarity & focus I have gained along with the self confidence to action  
what I now know is possible has been invaluable".*

**Charlotte Harris - Producer, BBC Documentaries, UK.**

*"Suzanne's success is founded on her uncanny ability to very quickly connect and understand the  
people she meets. This coupled with a genuine empathy and openness makes her incredibly unique.  
It is not uncommon to see virtual strangers in business or social settings open up to her.  
She is that person you hardly know but find yourself trusting.  
Suzanne's uplifting, warm and engaging personality simply 'draws' people out!"*

**Ian Lee - Strategic Manager, Air New Zealand**

For more information on Body Language courses or Leadership Coaching  
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