

COS01: A Background to Body Language

Most people, at some time or another, experience the feeling that another person is giving out 'vibes'. This feeling often leads them to believe that the other person is feeling or thinking in a particular way, regardless of what he or she is actually saying. Some people are also given to feelings of 'intuition' when they first meet someone. For reasons they do not understand, they are able to make almost immediate judgments about likeability, attitude or honesty.

The vibes projected by other people, and the intuition possessed by the individual, are almost always a result of the body language exhibited by the former, and unconsciously interpreted by the latter.

This course will introduce the learner to the subject of body language and enable him or her to explain why we frequently have intuitive reactions towards others. It will also enable them to identify why interpretive skills will improve their interpersonal communication.

Understanding why they have intuitive reactions towards others will result in staff and managers being more observant of, and sensitive to, the body language of others. This, in turn, will prepare them to develop their skills in interpreting and using body language to increase the effectiveness of their interpersonal communication.

Course Content

- What is body language?
- An overview of posture, gestures & proxemics
- Body language and intuition
- Practical aspects of body language

Course Duration

- 15 minutes

Available in:

- Audio
- Non-audio

Delivered via:


- Internet

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