



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



- Why use the science of Body Language?
- How to Read and Assess others body language
- Positive versus Negative Body Language
- Types of BL – Interested/Evaluating/Defensive/Aggressive/Emotional
- Putting Others at Ease – Professional Etiquette, Build Trust
- Cultural Awareness and Management
- Detect Lies, Deception, Anxiety, Doubts and Evaluation Cues
- State Management (EQ) – Awareness/Adaption of Mental/Emotional/Physical State
- Your Personal Impact – First Impressions, Confidence, Assertion, Rapport, Presence

This one 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 maximise communication skills
- to build trust and rapport with others (hospitality/client relations)
- to increase perception, observation and assessment skills (security/surveillance/recruitment/HR/)
- to differentiate between truth and lies in real time
- to identify anxiety, frustration, deception or suspicious behaviour
- to interact with cultural awareness and understanding
- to pre-empt situations and handle difficult people
- to increase confidence and command respect in any situation (executive leadership)
- to enhance your ability to 'read' people and be ahead of the game (sales/psychology)
- to develop leadership presence to give you the edge to achieve goals when interacting with people
- to expand conscious awareness and increase the impact you can have in your life



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 Body Mind Analysis, Counseling, Anatomy & Physiology, Emotional Anatomy, Hypnotherapy, Adult Teaching & Learning, Life & 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!**"*

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

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

THINK SUCCESS run Body Language seminars and courses for companies wanting to increase their edge in business, alongside, one-on-one coaching to empower individuals wishing to excel. Suzanne Masefield is an expert in her field and a leading specialist in Body Mind Analysis. This course will ensure you maximise your life potential in the workplace.

For more information on Body Language courses or Leadership Coaching

Contact: Suzanne Masefield at Think Success Ltd + 64 9 419 2462 suzanne@thinksuccess.co.nz

View more options and information at www.thinksuccess.co.nz



Testimonials

BODY LANGUAGE FOR SUCCESS

"I know this sounds strange but the few words you spoke to me about my body language (after knowing me for a couple of minutes) spoke volumes to me and I felt you 'read me like a book'!"

RJ - HR Manager

"Attending your course has put me on the path of understanding how to relate to others by watching their body language and being aware of my own so I am more in control of situations in which I would normally not feel in control. I would go so far to say that this type of workshop should be mandatory in work places".

JA - Office Manager

"This course makes you want to rush off and share with your friends, family and colleagues, your new found insight into the mysterious world of social interaction. There was a FUN side to watching others body language. But for me this course was about becoming more aware of what I do when I'm stressed, angry, nervous, happy etc. and how to help myself to keep calm and relaxed in stressful situations.

I had the opportunity to put what I learnt on the course into practice and turned a very difficult situation around to a positive outcome through reading others body language and managing my own - Excellent"

DM - General Manager IT Company

"Motivating, Fun & Informative presentation, great to boost morale & learn something really useful"

CH- Managing Director

"My Sales figures have doubled since I attended your course and my confidence level has increased so much I can't quite believe it in such a short space of time. Thank for this great course a must for everyone"

MP - Sales Manager

BODY LANGUAGE FOR SECURITY & SURVEILLANCE

"Recommended for security teams, a good course well presented and engaging"

AF - Security Team Manager, Sky City Casino

"Highly Recommended. Very interesting. Great tool & skill to use in all aspects".

MB - Assistant Shift Manager Surveillance

"Well presented. Held my interest throughout"

RS - Shift Manager

"I thoroughly enjoyed this course because it wasn't only about other people's body language, but understanding and being aware of my own and the impact I can have in my life"

EL - Security Team Manager

"A valuable tool that can be implemented personally & professionally"

DM - Surveillance Shift Manager, Sky City Casino

