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## Body Language Basics Skills Workshop

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**Body Language Basics** will provide you with a great set of skills to understand that what is not said is more important than what is said. It will also give you the ability to see and understand how your own Body Language is being perceived. This workshop will help you adjust and improve the way you communicate through non-verbal communications.

### Workshop Objectives:

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- Define body language.
- Understand the benefits and purpose of interpreting body language.
- Learn to interpret basic body language movements.
- Recognize common mistakes when interpreting body language.
- Understand your own body language and what you are communicating.
- Practice your body language skills.

For more information or to schedule this workshop please contact McField & Associates Inc. at 815-909-4199 [mcfieldassociates@att.net](mailto:mcfieldassociates@att.net) or visit us at [www.mcfieldassociates.com](http://www.mcfieldassociates.com)

