

USING BODY LANGUAGE AND GESTURE IN THE ENGLISH CLASSROOM

Course dates

1 July - 7 July

Course fees

£688

Course location

University of Kent

This course is liable for VAT

Target audience

English language teachers from Primary to Secondary, Adult groups, Business Trainers of all ages and levels.

Trainees must have a strong desire to explore the subject of body language and what makes an effective and assertive speaker.

Participants must come to the workshop with a 5 minute presentation of their choice to present to their peers on the course for positive and critical analysis and feedback.

Course summary

This is an intensive study of body language and gesture and what makes a speaker and presenter more appealing and assertive to the audience.

The participants will examine the way the outside world observes them and that each gesture and movement can have an immediate effect on our audiences and the people with whom we communicate.

The course will include images of positive and negative presenters and the language presented by our listeners.



Course content

Developing a safe and non judgmental environment in which to experiment, examine and explore body gestures and behaviour

Participate in simple improvisational activities aimed at freeing the imagination, vocal and physical communication

Explore posture and well being and how positive and assertive characters operate whilst examining different bodily types and their behaviour in their environment

Examine different body language of presenters and their audience

Finding way in which we can present ourselves in a more positive and self assertive light

Participating in activities exploring and exposing our body language, and positive assertiveness

Giving a simple presentation putting into practice all the principals we have explored during our week's examination of body language and gesture



To see this course in Erasmus+ course catalogue click here:

https://www.schooleducationgateway.eu/en/pub/teacher_academy/catalogue/detail.cfm?sid=48032

Sample Programme

Please note this is an example of a daily programme. Course content may often be usefully adapted to incorporate the needs of each group member.

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
9.00-10.30	Group co-ordination, dynamics and bonding	Introduction to improvisational work both verbal and physical	A study of centres of energy and its effect on assertive behaviour. The examination of how we move within our environment and the picture we create to the outside world	Status. How we operate in the word l around us	Status upon entering a room. Delivery of message and leaving a room maintaining assertive behaviour
11.00-12.30	Needs analysis and goals	Freeing the body Communication skills	Examining other body structures and centres and how these bodies operate in their environment	The examination of assertive behaviour, passive and aggressive behaviour	Presentations prepared by participants and peer feedback
14.00-15.30	Trust work	Examining the posture and the body's relationship with Gravity and the environment	Voice and effective breathing exercises	Body language and the confident speaker. Reading body language and the messages your audience gives you.	Continued presentations and peer feedback Assessment of the course and course feedback

Recommended reading

"Body talk at Work" by Judi James

"Impro" by Keith Johnstone

Please note it's not necessary to buy or bring those books to the course.

Type of certification awarded

Attendance certificate detailing topics covered, course content and the number of training hours.



Is this the right course for me?

Yes, if you want to understand body language and status.

Yes, if you want to be more persuasive, interesting and motivating in your work.

Yes, if you want to learn how you can use it with your students to encourage self confidence and assist them to be effective communicators.

Contact

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