

PUBLIC COURSES SERIES 2024

Mastering Silent Signals: Communicating with Body Language & Emotional Intelligence

EARLY BIRD
DISCOUNT

KWD 135



DATE

NOV. 3TH-4TH, 2024



LOCATION

**5 STARS HOTEL
KUWAIT**



DELIVERED BY

Dr. Leila Shahrour



IDRAK



COURSE CONTENT

Effective communication goes beyond words. This course will teach you how to use body language and emotional intelligence to enhance your interactions in business, public speaking, and everyday life. By mastering nonverbal cues and regulating your emotions, you'll gain a significant advantage in your communications. You'll learn to display confidence, interpret others' body language, and understand the unspoken messages that are often more impactful than verbal communication. Whether in the office or at home, these skills will help you connect better with others and present your best self.

This course offers a deep understanding of the following:

- Nonverbal Communication Mastery
- Reading and Interpreting People
- Application in Business and Life
- Confidence and Self-Image
- Emotional Intelligence
- Professional and Personal Enhancement

Participants will engage in self-assessments and stakeholder analysis to identify personal strengths, challenges, opportunities, and threats, fostering a transformative leadership journey.



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