

**EMPOWERING TALENTS SERIES**

**2026**



**IDRAK**



**CLASSROOM  
WORKSHOP**

**MASTERING  
SILENT  
SIGNALS**

**COMMUNICATING WITH BODY  
LANGUAGE & EMOTIONAL  
INTELLIGENCE**

**2 DAYS**

**Dr. Laila**  
SHAHROUR

# Program

## OVERVIEW

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.

### Key TAKEAWAYS



- NONVERBAL COMMUNICATION MASTERY
- READING AND INTERPRETING PEOPLE
- APPLICATION IN BUSINESS AND LIFE
- CONFIDENCE AND SELF-IMAGE
- EMOTIONAL INTELLIGENCE
- PROFESSIONAL AND PERSONAL ENHANCEMENT

### Why ATTEND?

- SELF-ASSESSMENTS AND STAKEHOLDER
- IDENTIFY PERSONAL STRENGTHS, CHALLENGES, OPPORTUNITIES, AND THREATS
- A TRANSFORMATIVE LEADERSHIP JOURNEY.

# Contact

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## US



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