

Pilgrims

Teacher Training 2017 BODY LANGUAGE & GESTURE STUDY

Course Dates:
16 July – 22 July

Course Location:
University of Kent at Canterbury

Course Fees:
£690

Course Code:
TBG29 1 week

You can also add this course to your Europass CV.

Target audience

- English language teachers from primary to secondary, adult groups, business trainers and all groups of all ages and levels
- Trainees do not require any previous experience in body gesture and body language but must be prepared to participate in all activities openly. They 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 of peers, students or business clients. It is a study of posture and how assertive persons see themselves and present themselves to the outer world. We will see how we can use simple methods to gain a sense of confidence and well being. We will then study the behaviour and gestures of people who have misaligned centres and posture and how the world sees them as they operate and communicate. Some characters studied will be the passive and assertive types or even the aggressive character and their way of operating with each other and the environment around them. The participant 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. We learn to appreciate and be aware of the image we are constantly portraying to the world around us. The course will include images of positive and negative presenters and the language presented by our listeners. We can read body language extremely well but we often find it difficult to act on negative images. We will discuss ways we can read negative body language and what assertive action to take to lessen negative responses.

Programme of training activities

- Developing a safe and non judgemental 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

Description of training content

Preparation

Each applicant needs to send a Teacher's Profile four weeks before the course outlining hopes and objectives for achievement as a result of attending this course.

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Objectives and expected results

The course aims at giving the participant a comprehensive but by no means conclusive study of the way we can present ourselves as professional teachers, trainers and presenters and also how we operate within our social world. The work can be most useful in the language classroom and in group work in schools in social groups or in the business environment.

Sample programme of the training activities day by day:

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

	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 I 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	Continued presentations and peer feedback Assessment of the course and course feedback

Recommended reading:

- "Impro: Improvisation and the Theatre" K. Johnstone (Methuen Drama) 2007

Please note you do not need to buy or bring these books to the course with you.

Type of certification awarded

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

If this is not the right course for you, please consider the following:

- ***Drama Techniques for Creative English Teaching***

Contact details:

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