



Employability Skills Programme, supported by videos

Body Language – OUs001

'*Your body talks*'. Non-verbal signs and gestures add meaning to the words to make communication effective and complete.

- ❖ **No. of video programmes:** 4 (1 DVD)
- ❖ **Manual:** 1 with exercises for practice
- ❖ **Language:** English
- ❖ **Mode of learning:** self-learning, Open Distance Learning (ODL)

Introduction:

This programme focuses on Body Language in general. It sheds light on what one understands about Body Language through non-verbal signs with a view to building an awareness of one's own body language and movement, especially in a variety of communication situations.

Objectives:

To help students understand the importance of body language and appreciate its social implications and understand that appropriate body language can make a huge difference in the connection one makes when one interacts with others.

Outcomes:

On watching the videos learners are expected to:

- have a great set of skills to understand that what is **not** said is just as important as what is **said**.
- have the ability to see and understand how their own body language is being seen and interpreted.
- be able to adjust and improve the way they communicate through non-verbal communication.
- put their knowledge of body language to test by successfully responding to realistic situations in everyday life, both at home, in public places and at work.

Contents

- ❖ Programme 1: Your Body Talks
- ❖ Programme 2: What our Head and Facial Expressions say about us
- ❖ Programme 3: What our Limbs say about us
- ❖ Programme 4: Beyond the words

Evaluation/Certification - 2 options:

- ✚ self-learning, **non-examinable without certificate**
- ✚ **Examinable**, ODL with 1 Tutorial and Individual Assessment **with certificate**.
- **More details:** Pls. contact **Mr. Jelany RUMJAUN, Lecturer/Prog. Manager:**
Tel: 4038200, e-mail: a.rumjaun@open.ac.mu