



# Body Language

## train the trainers program



## Become a Body Language Trainer

Being a trainer in the field of nonverbal communication, in the body language is more than a challenge, it is a responsibility that deserves to be taken seriously.

An area that is so fascinating, captivating, complex needs fascinating people precisely to stand for it effectively. You can do that! We teach you how to discover your best aptitudinal version and help you develop the skills you need to become an excellent trainer.

## Who can be a body language trainer?

If you are a graduate in psychology, education sciences, psycho-pedagogy, sociology, communications sciences or related fields, you can become a nonverbal communication trainer.

## What do I get after completing the body language training program?

After completing the training process and taking the final evaluation, you get the trainer accreditation certificate from the International Association of Psychology of Communication.

## The advantages of Aidoma training:

We are here for you, every step to take, namely:

1. in the training process.
2. when working as a trainer.
3. in the IACPS accreditation process of your own training programs.
4. in the advertising process

Movements of the head – complex picture of gesture expression



Irony



Manipulation



Satisfaction

Aggressiveness

BRAINS AND HUMAN PSYCHE

The parietal lobe coordinates:

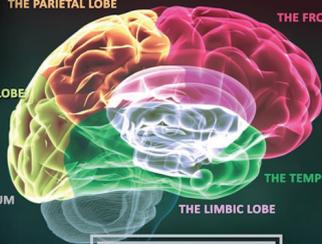
- ◊ Tactile sense
- ◊ Taste
- ◊ The state of consciousness of the body

THE PARIETAL LOBE

THE FRONTAL LOBE

The frontal lobe, is matured around the age of 11 years old and it coordinates:

- ◊ Movement
- ◊ Personality
- ◊ Concentration
- ◊ Meaning of the words
- ◊ Emotional reactions
- ◊ Speaking
- ◊ Smell



The occipital lobe coordinates the vision.

THE OCCIPITAL LOBE

THE CEREBELLUM

The cerebellum

- or the small brains, coordinates:
- ◊ The fine movement of the muscles
  - ◊ Balance
  - ◊ Movement coordination

The limbic lobe (the system) controls:

- ◊ The expression of moods
- ◊ The expression of emotions
- ◊ Processing and storage of recent memories
- ◊ Appetite control

THE LIMBIC LOBE

The temporal lobe coordinates:

- ◊ Hearing
- ◊ Emotions
- ◊ Long term memory
- ◊ Facial recognition

THE TEMPORAL LOBE

ARM GESTURES – EXPRESSING THOUGHTS AND FEELINGS



Idealism  
Detachment from reality

MOVEMENTS OF THE LEGS – EXPRESSION OF HONESTY



Defending the territory



Immaturity  
Lack of adaptability  
Aggressiveness

MOVEMENTS OF THE LEGS – RESPECT OR OBEDIENCE



Respect for the interlocutor



Simulated respect



Refusal to obey  
Hostility

Authentic obedience

## Specialized training:

**32** video lessons

Participant handbook

**28** instruments of formative assessment

## Assessment:

**9** instruments for assessment simulation

IACPS test

## Learning material:

**14** learning scenarios

**14** PowerPoint presentations

**14** pieces of participant handbooks

**14** consolidation exercises

Auxiliary learning materials

**14** instruments of formative assessment

## IACPS accreditation for own training programs by:

Obtaining IACPS documentation

Drafting the documentation

Submitting the accreditation file

# Curriculum

Gesture interpretation between science and pseudo-science

The brains – governor of the gestures

Universal Variables in Body Language Interpretation

Universal Pattern of the Body Language Interpretation

Psycho-anatomic meanings

Arms – expression of freedom

Arms gestures – expression of thought and feeling

Arms gestures – decision and assumption

Arms movement – charisma and despise

Hands that make the difference – satisfaction or lack

Hands that make the difference – discretion, exultation, arrogance

Affective hands – cognitive hands

Traitor hands – protective hands

Finger movement

Finger movement – I dare you! I reject you!

Finger movement – details make the difference

Finger movement – I matter!

Finger movement – crossing emotions and judgement

Basin movements – fecundity, sensuality, vanity

Legs movement – expressing honesty

Legs movement – desertion in front of frustrations

Legs movement – perseverance, resistance, combativeness

Legs movement - respect or submission

Gestures of touching – symbol of relating to

The Distances Between Partners

Postures

Walking - Interpretation Variables

Walking - That's Who I Am, That's What I Pass On!

Walking - That's What I Feel, That's What I Pass On!

Movement of the head – integration of the gesture expression

Head movement – complex table of the gesture expression

The look and intention mirroring

# IACPS-accredited program





**ACCREDITATION**  
TRAINING PROVIDER

Series PP number 1119

Training provider ..... AIDOMA PED

is accredited based on the Methodology 0011/2018 issued by the IACPS-International Association of the Psychology of Communication, in order to organize the program:

Body language - train the trainers program

Type of program: ..... Master program

IACPS- Accreditation Decision: ..... 04/1119/PP2019

CHAIRMAN  
Accreditation Committee



Issued on :14/06/2019  
Accreditation valid until: 14/06/2023

# Get your IACPS trainer accreditation certificate



Series number



TS

**CERTIFICATE**  
Accredited trainer

Mr./Mrs. ...., attended the training program  
....., organized by.....  
program accredited by IACPS – International Association of Communication Psychology by decision .....  
accreditation series ....., no. ...., passed the graduation exam in the year ..... month ..... day.....  
being accredited as trainer for the training program.....

This certificate is issued according to the provisions of IACPS 0012/2018 Methodology and it is accompanied by the descriptive annex.

CHAIRMAN  
Accreditation Committee



Number:.....  
Issued on : .....

# What does the training program offer?

*Body language- the training program for trainers, meets all the informational and didactic needs of the future trainer. Its structure includes:*

## **I. The specialized training section containing:**

- the video course presenting all scientific information, divided into modules and lessons;
- the trainee's handbook, presented on chapters;
- consolidation exercises to facilitate understanding of information;
- formative assessment;
- summative assessment.

## **II. IACPS assessment**

- Instruments for assessment simulation and content consolidation;
- IACPS test

## **III. Materials needed for further development of the training activity:**

- teaching scenarios;
- trainee's handbook for future learners;
- PowerPoint presentations;
- materiale auxiliare;
- consolidation exercises;
- tests.

## **IV. Optionally, IACPS accreditation through**

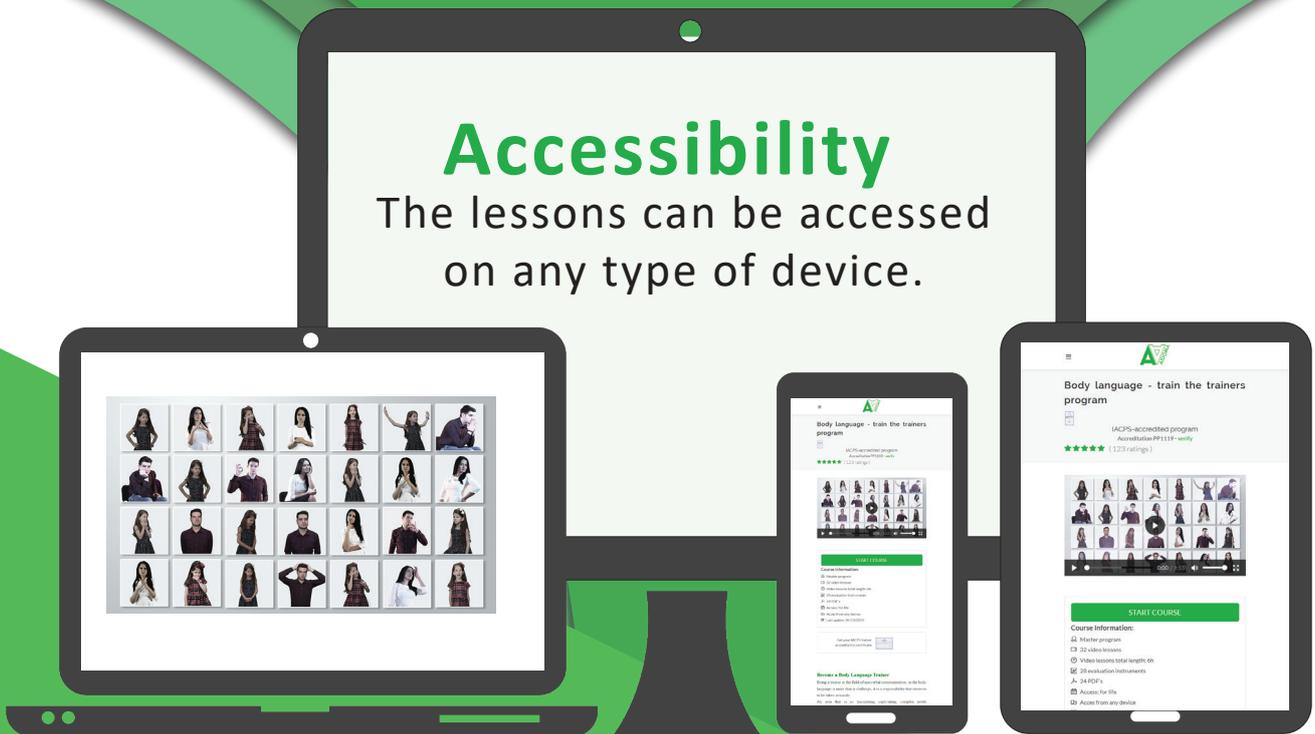
- designing the documentation required to obtain IACPS accreditation for your own programs

# Organization manner

Lessons are interactive, the student is an active and involved partner. We aim on transmitting a complex content, scientifically supported, in an accessible manner, to valorise the visual, auditory, kinesthetic learning. Main method for transmitting the content: graphic exemplification. Any information is supported by relevant graphic examples, which facilitate understanding and skills building.

## Accessibility

The lessons can be accessed on any type of device.



The course can be accessed  
by a student  
on a number of maximum devices

# Marketing free

**All Aidoma courses are promoted under the marketing free label.**

## **How do I do that?**

- I give you all the details about the course, accreditation and the document received at the end of the course.
- I offer you the entire curriculum.
- I make available extracts from several lessons.



**All of these will help you decide if a course Aidoma meets your expectations and needs, if it is an opportunity that you should take now, if it is a useful step in your personal and professional development.**

# Mioara Țârulescu

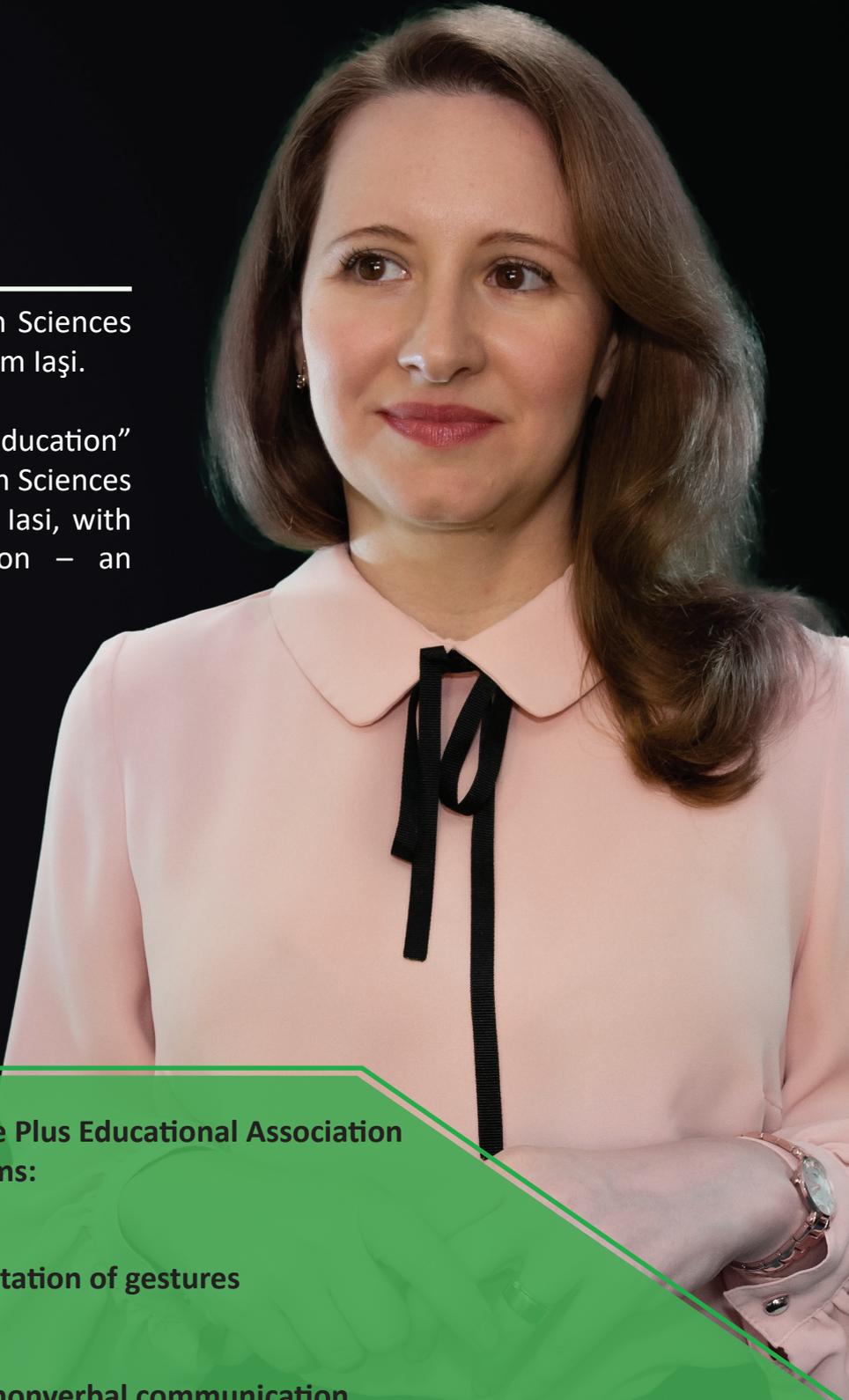
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## Trainer

### Curriculum – Education:

Faculty of Psychology and Education Sciences (2002), University “Al. I. Cuza” from Iași.

The Master’s Program “Intercultural Education” - Faculty of Psychology and Education Sciences (2004) of “Al. I. Cuza” University of Iasi, with dissertation thesis: “Communication – an indoctrination tool”.



Trainer within Edu Zece Plus and Zece Plus Educational Association for the following educational programs:

- Training of trainers
- Body language - interpretation of gestures
- The Psychology of Lying
- Children’s lies
- Clothing - dimension of nonverbal communication
- Aggressiveness in communication
- Stress Management in Educational Context

Between 2008 and 2018, over **25000** people invested me with their trust and offered me the honor of being my trainees.



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