

Situational Awareness and Facial Expressions

Introduction

This workshop gives practical skills and knowledge to improve your knowledge and use of situation awareness, including awareness of body language and facial expressions. The workshops helps participants develop an awareness and understanding of security issues, and the skills to interpret human behaviour patterns linked to safety, crime and terrorism in public and private places.

Workshop objectives

The objectives for this training include all of the following learning points:

- Definition and understanding of Situational Awareness (SA) models, terms, definitions and concepts
- Using SA to knowing what is going on so you can make informed decisions out what to do
- Preparing SA and body language check-lists and procedures for use in standard situations
- Keeping track of what is going on around you in a complex, dynamic environment consciously and on purpose
- State the actions required to maintain situational awareness and body language awareness in different situations
- State the clues to loss of situational awareness and the barriers to situational awareness effectiveness and levels of human error with SA and body language awareness
- To understand the basics of body language (non-verbal communication) and how it affects people's perceptions of us
- To develop personal presentation skills to enhance first impressions
- To read and in interpret body language to your advantage
- To recognise cultural differences in body language and understand different gestures and signals

Training methodology

Throughout the course delegates will explore the use of situational awareness and body language awareness using presentation, group exercises, role play and group discussion. The workshop includes an extensive workbook, plus details of practical tools, techniques and check-lists

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Workshop Summary

In this highly practical part of the course you will learn how to become a master at reading micro-expressions in the face, as well as various movements of the entire body, to detect deception, to know when a person is truly remembering versus imagining, and so much more. This course provides an abundance of information that will help you understand what law enforcement agents and psychologists have known for decades – that by closely observing a person and knowing what to look for you can understand the underlying emotions that a person may be trying to hide.

Programme Outline

DAY 1 - General situational awareness (SA)

- Situational understanding and situational assessment models
- Mental models and sense-making; training your brain, perceptual filters and sensory acuity
- Theoretical model of situation awareness with application exercises
- Situation awareness in team operations
- Measurement and objectives of situation awareness
- Performance and behavioural measures of SA
- Multi-faceted approach to SA measurement
- Practical tools, techniques and check-lists

DAY 2 - Body language and facial expressions

In this highly practical part of the workshop you will learn how to become a master at reading micro-expressions in the face, as well as various movements of the entire body, to detect deception, to know when a person is truly remembering versus imagining, and so much more. This workshop provides an abundance of information that will help you understand what law enforcement agents and psychologists have known for decades – that by closely observing a person and knowing what to look for you can understand the underlying emotions that a person may be trying to hide.

- Understand the value of reading the body language of other people
- Understand the role of face, visual, words, tone, voice and more in conveying meaning
- Recognize the importance of body language in conveying meaning
- Understand the basic function of the limbic system
- Recognize how the subconscious controls body language
- Recognize various non-verbals of the face
- Recognize various non-verbals of the hands and fingers

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- Recognize various non-verbals of the arms
- Recognize various non-verbals of the torso, hips, chest and shoulders
- Recognize various non-verbals of the feet and legs
- Understand the difference between aggressive and assertive body language
- Understand how non-verbals may help you detect deception
- Understand the role of micro-expressions in communications and learn to read and interpret signal clusters
- Understand how to react positively to negative body language

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