

Handling Emotions & Assessing Truthfulness

Comprehending Behavior and Assessing Credibility

Introduction

We conduct business with individuals we know, like, and trust; that much is clear. Building effective connections requires improving your emotional intelligence and engaging in constructive interpersonal interactions, whether you work as a manager, negotiator, facilitator, or parent.

People emphasize spoken language too much in most encounters. This can lead to relationship breakup. You will learn how to effectively assess someone's trustworthiness or detect dishonesty by learning how to interpret and analyse their verbal and nonverbal behaviours in this class.

You will study more than just word analysis in this Managing Emotions & Evaluating Truthfulness training course. You will also learn how to read and understand all five of the main channels of communication and become an expert in your own emotions and manage those of others

This training session on Course N Carry will emphasize:

- A basic foundation for improving your emotional intelligence
- Enhancing your capacity to evaluate other people's verbal and nonverbal cues as well as their trustworthiness through the use of actual participants in live activities
- Discovering how to recognize Micro-expressions with the innovative training methods
- Examining the mental mechanisms involved in deception
- Using a conversation management strategy that works to prepare you for every kind of interaction

Objectives

After completing this training program, individuals will be able to:

- Acknowledge and control your own feelings
- Create effective methods for forming fruitful connections.
- Recognize deceit and hidden signals in other people
- Develop your understanding of behavioural cues, both verbal and nonverbal.
- Create effective questioning techniques to get insightful knowledge from others.

Training Methodology

The tutor for this Handling Emotions & Assessing Truthfulness training course will use a range of tried-and-true adult learning teaching and facilitation strategies to ensure that participants have a complete knowledge of the topics covered in the course outline. Interactive case study activities are part of the training course approach. The training course is reinforced with unique information, employing footage of truth-tellers and liars from high-stake contexts such as foreign Embassy visa applications, scientifically confirmed tests done by Prof Paul Ekman himself and excerpts of CEOs from commercial investment settings.

Organizational impacts

Following completion of this training on Handling Emotions & Assessing Truthfulness, your staff members will:

- Recognize the functioning of emotions
- Possess the ability to discern emotions from others' words and nonverbal cues
- Gain deeper understanding of other people's feelings
- Utilize their acquired abilities to cultivate constructive and affirmative connections.
- Identify and assess indications to lying and truth telling
- Develop improved observational and active listening abilities
- Make use of these abilities to assess veracity and legitimacy.

Personal Impact

Following completion of this program in Handling Emotions & Assessing Truthfulness, you will:

- Understand your feelings and how to control them.
- Recognize your emotional impulses right away.
- React appropriately to emotionally charged circumstances rather than acting rashly.
- Determine the significance of baselines and their occurrence Determine and assess "hotspots"
- Do some hypothesis testing.
- Use a methodical approach to leak identification.
- Develop your ability to listen and observe intently.
- Make use of these abilities to assess veracity and legitimacy.

Who should attend?

Though a wide range of professionals can benefit from this training, the following will be especially noted:

- Every Professional
- Managers or supervisors
- Training Professionals
- Any professional who must engage in negotiations on behalf of their company
- Workers in any organization whose position necessitates a solid understanding of the reality

Course Outline

Day 1

Recognizing Feelings and Self-Awareness

- Defined Emotions
- Timeline of Emotions
- System of Automatic Appraisal
- Self-knowledge / Self-Control
- Being alert

Day 2

Recognizing and Handling Other People's Emotions

- Communication Components
- The Face
- Feelings and the Face
- Partial / Subtle Expressions
- Controlling the Procedure
- Getting Ready and Involved
- Assessment and Education

Day 3

Recognizing Credibility and Deceit

- Truth & Lies Explained
- Truth Model in Psychology

- Contemplating and Sensing
- Being alert

Day 4

Examining the Channels

- Recall
- Comprehending Feelings
- The Face
- The Body
- Voice and Style of Speech

Day 5

Conducting an Analysis

- Content Analysis Based on Criteria
- Setting
- Initial
- Controlling the Procedure
- Assessment and Education