**WORK CARD 4**

INTERPERSONAL COMMUNICATION- READING BODY LANGUAGE

NOTES FOR THE TRAINER:

1. Select 5 participants of the training.
2. Each of them is to play the trainer running the selected training for chefs: 1 / carving, 2 / vegetarian cuisine, 3 / creating menu cards, 4 / composing and decorating dishes, 5 / OHS rules and requirements of the HACCP system in gastronomy.
3. Each participant should choose any issue from the training or its fragment related to the subject, following the instructions that he will get. Allow a few minutes to prepare for the participants.

Task 1 – position and body movement

1. Give each of the 5 participants a card with a command :

* Sit or stand in a curled, inclined position, cross your legs.
* Stand over someone who presents the signals of the body sitting, you can move very close, even when he moves back.
* Sit back, do not move around.
* Walk around shuffling or stomping your feet.
* Walk around freely.

The other participants express their opinions - what would they think if the trainer behaved like that.

Task 2 – facial expression.

1. Similarly give each of the five a card with a command:

* Your face is naturally smiling and cheerful, also with a smile in your eyes. Keep eye contact.
* You are smiling, but artificially, your eyes are still.
* Look ahead, when you finish speaking, lower your lower lip slightly.
* Look at the participants obtrusively, penetrate their eyes.
* Your face is naturally smiling and cheerful, but you do not keep eye contact with the participants, you look above or to the side, or you look away.

The other participants express their opinions - what would they think if the trainer behaved like that.

Task 3 – positioning of your shoulders, arms and hands

6. Again give out one card with a command:

* Speaking and possibly walking, wave your hands about.
* Speaking in a sitting position, drum your fingers on the desk/table, and often touch your face or hair.
* Gesture only when you emphasise an important part of the expression, leave your hands open.
* When speaking, keep your hands stiff, clenched or crossed.
* When speaking, twist your fingers, clench, twist.

The other participants express their opinions - what would they think if the trainer behaved like that.

7. Ask one of the persons presenting to show again all the elements of the body language that the other participants considered to be right.