

The A+O Method

Content and objectives

The *A+O method* provides an opportunity to balance your outward appearance with who you are on the inside as well as (nonverbally) recognizing – and understanding – other people by how they appear on the outside. Shapes and colors that define our body image help us assess who we're dealing with intuitively. And, whether we like it or not, the first impression has a strong influence on us. Our job at A+O is to work with you on decoding this first intuitive categorization. In this way we provide you with a tool which enables you to be more aware regarding your appearance and to gain a new perspective on your environment.

Above all, this means honestly asking yourself: how do I actually come across?

In order to get a better idea of where you stand, you'll need feedback from other people or in majority-guided procedures (professional environment, partner, family, immediate environment or social networks etc.). This means we depend on other people's spontaneous emotional reactions or evaluations. Depending on the feedback we get about ourselves (matter-of-fact, emotional, intense, positive or negative), we draw our conclusions and act accordingly.

In this process, A+O brings clarity about how we appear on the surface and how we present our surface. We provide answers to questions such as: What perception do we have of ourselves and how do others see us? Do others seem confused by the way we appear or do we come across without ambiguity? Coming from the beauty industry and as nonverbal communication experts we will introduce you to ways you can influence your outward appearance.

Relevance

The *A+O method* helps people communicate with more clarity without creating confusion in the way they appear. In this way, a person's external appearance already transports their inner concerns visually, making them visible on the surface. In our private and professional lives, nonverbal communication contributes to facilitating an empathic coexistence.

More information:

www.wiewirkeichwirklich.de

A+O

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