

Understanding Human Behaviour

(Why People Do What They Do)

Understanding Human Behaviour - Self Directed Learning at Your Own Pace

"Why do people do the things they do? Discover the fascinating psychology behind personality, manipulation, emotions, relationships, and everyday decisions."

Have you ever wondered why some people react calmly under pressure while others become overwhelmed? Why certain individuals seem naturally confident, while others struggle with self-doubt? Or why people sometimes make decisions that seem completely irrational?

Human behaviour is fascinating, complex, and often surprising. Understanding Human Behaviour: Why People Do What They Do is an engaging, five-module online course designed to help you explore the psychological influences behind how people think, feel, communicate, and behave.

From personality differences and emotional intelligence to narcissism, manipulation, body language, and decision-making, this course introduces you to the science of human behaviour in a way that is practical, relatable, and easy to understand.

Through real-life examples, thought-provoking case studies, and interactive learning activities, you'll gain valuable insights into yourself and the people around you.
No previous psychology education is required — just curiosity about what makes people tick!

What You'll Learn

- By the end of this course, participants will be able to:
- Explain how the brain, genetics, environment, and life experiences influence human behaviour.
- Identify common personality traits and understand why individuals respond differently to similar situations.
- Recognize the importance of emotional intelligence in everyday interactions.

- Differentiate between narcissistic personality traits and Narcissistic Personality Disorder.
- Identify common emotional manipulation tactics, including gaslighting, guilt-tripping, and controlling behaviour.
- Recognize the role of body language, verbal communication, and social influence in human interactions.
- Explain how cognitive biases, emotions, habits, and motivation influence decision-making.
- Apply practical strategies to improve communication, establish healthy boundaries, and make more informed decisions.

Course Modules

Module 1 – Understanding the Human Mind
Explore how the human brain works and how emotions, genetics, learning, environment, and personal experiences shape our thoughts and actions.

Module 2 – Personality and Behavioural Patterns
Discover why people have different personalities, how personality traits influence behaviour, and the roles of temperament, emotional intelligence, and attachment styles in relationships.

Module 3 – Narcissism, Manipulation and Toxic Behaviour
Examine narcissistic traits, emotional manipulation, gaslighting, controlling behaviours, and unhealthy relationship patterns. Learn how to recognize concerning behaviour, establish boundaries, and protect your emotional well-being.

Module 4 – Body Language, Communication and Social Influence
Explore nonverbal communication, active listening, persuasion, group dynamics, and the powerful influence of social environments on individual behaviour.

Module 5 – Why People Make the Choices They Do
Discover how cognitive biases, motivation, emotions, habits, and social pressures influence decision-making, and learn practical strategies for making more thoughtful choices.

Who Should Take This Course?

This course is ideal for:

- Anyone curious about human psychology and why people behave the way they do.
- Individuals interested in understanding relationships and communication.
- People who want to recognize manipulation and develop healthier personal boundaries.
- Parents, caregivers, educators, and individuals who regularly interact with others.
- Professionals seeking to improve interpersonal communication and emotional awareness.
- Anyone interested in personal growth and self-understanding.

Course Format

Delivery: 100% Online

Learning Format: Self-directed, independent study

Number of Modules: 5

Estimated Course Duration: 10–15 hours, depending on individual learning pace

Prerequisites: None

Assessments: Each module includes a 25-question multiple-choice knowledge assessment.

Cost: $49.00

Participants can work through the educational materials and learning activities at their own pace.

Why Take This Course?

Understanding human behaviour can change the way you see the world. It can help you approach difficult conversations with greater awareness, recognize unhealthy interpersonal patterns, understand your own emotional responses, and appreciate why different people see the same situation in completely different ways.

Whether your goal is personal development, improved relationships, professional growth, or simply satisfying your curiosity, this course offers fascinating insights that you can apply to everyday life.
Because the better we understand human behaviour, the better we understand ourselves — and each other.
Includes an official OCHT Certificate of Achievement upon successful com pletion of all five modules and their assessments.

Educational Notice: This course is intended for general education and personal development. It does not provide clinical training, professional certification in psychology, or the qualifications to diagnose or treat mental health conditions.