

Communication Workshop

Communication is the essential building block of a successful organisation. If you would like to express your thoughts and opinions to others with more confidence and conviction, this workshop explores a range of proven communication techniques and strategies that can be used to develop and maintain successful relationships both inside and outside the workplace.



Is this course right for you?

This course is designed for anyone who'd like to improve their own personal communication skills to better express information and ideas to others in the workplace.

Would you like to

- Increase your self awareness through analysing yourself across a wide range of psychological frameworks
- Enhance your people skills using these frameworks to analyse others in the event you might choose a more effective way of communicating
- Improve your ability to understand and work effectively with the various and sometimes complex dynamics of groups, teams, families and organisations
- Do you fear giving critical feedback at work and would like to improve your skills?
- Perhaps you might like to better understand your own communication skills, so that you can interact in a more constructive manner.

Learning Outcomes

Upon completion of this workshop you'll be able to:

- Identify and develop your personal communication style while adapting your behaviours to better express your ideas in the workplace
- Understand the role of culture, stereotypes and bias in communication and break down barriers to effectively communicate
- Use active listening techniques and effective questioning skills to enhance your understanding and show empathy
- Give and receive appropriate feedback and use trusted techniques to deal with difficult situations

Workshop Details

Date

Time

Cost

Venue

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