

Communication Skills

This one-day course provides participants with the opportunity to understand how communication works and how to communicate with confidence and flair.

You'll look at what works about the way you communicate, what gets in the way of you being a more effective communicator and then a raft of tools and techniques to help you be more adept and self-assured.

This is a practical day filled with exercises, games and discussion which will give you skills to handle difficult and tricky situations and give you more choice in the way you communicate with others.



Communication Skills Course Objectives:

- Understanding how communications work
- Gaining active listening and responding skills
- Seeing things from other points of view
- Managing your assumption more effectively
- Understanding your own strengths
- How others may see you
- Looking at body language
- Increasing confidence
- Difficult people or situations
- Filling your communications tool kit

Where do you go from here?

