



Professional Personal Development Training

Free Choices

Effective Communication

It's all about communication. Effective communication is more than conversing in a language or reading somebody else's body language. It's in the how, when, who, what, purpose, meaning and context of the way, in which we interact with others. Our focus is to enhance your communication skills and help you become more effective in your engagement and interactions with others in the most productive ways possible.

Programme Brief

Our trainers work with you to develop knowledge, practical skills & awareness, which enable you to:

- Develop emotionally intelligent responses in communication
- Understand the diversity of communication
- Utilise effective verbal and non-verbal communication styles
- Enhance individual communication styles
- Build confidence in self-expression
- Understand psychological and organisational aspects of communication
- Develop empathic listening skills, strengthening understanding and bonds with others
- Explore creative styles of communication

Delivery of the Training

Training will be interactive and experiential. This is in order, to promote engagement, motivation and significant learning or change. Focus will be on developing participant's awareness, as well as, the daily practical application of the knowledge and skills learnt