

Communication Strategies Workshop

For the better part of every day, we are communicating to and with others. Whether it's the speech you deliver in the boardroom, the level of attention you give your spouse when they are talking to you, or the look you give the cat, it all means something.

The Communication Strategies workshop will help participants to understand the different methods of communication and how to make the most of each of them. These strategies will provide a great benefit for any organisation and its employees. They will trickle down throughout the organisation and have a positive impact on everyone.

Workshop Objectives:

- Understand what communication is
- Identify forms communication can take
- Identify barriers to communication and how to overcome them
- Develop non-verbal and para-verbal communication skills
- Use the STAR method to speak on the spot
- Listen actively and effectively
- Ask good questions
- Use appreciative inquiry as a communication tool
- Adeptly converse and network with others
- Identify and mitigate precipitating factors
- Establish common ground with others
- Use “I” messages



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