

Navigating Interpersonal Communications

Communicating with others is vital in every walk of life yet it is fraught with difficulties, especially so when we want some action from the others involved. Going beyond the basic sender-receiver model, this Workshop explores communication issues and approaches that create fog (chaos, confusion, discomfort and lack of clarity) while communicating, the different communications styles we use and approaches to achieving more effective results in our communications.

Course Benefits

By taking this workshop you will be able to:

- Recognise common causes of difficulty or failure in communications
- Identify your personal communication style and how to work with other styles and their preferences
- Apply some practical approaches to obtaining and maintaining clear communication

Who Would Benefit from Attending?

Applicable to anyone who recognises they need to improve and develop their interpersonal communication skills.

Course Outline

Communication Models

- Models of communication
- Filters, barriers and noise

Communication Styles

- Assessing your own style
- Working with other styles

Communicating Effectively

- Rules for effectiveness
- Choosing the right approach
- Which media is best?
- Validating success
- Implementing a communications strategy

Duration

1 day

