Communication Relationships & You
(Workshop)
Course Outline

**Description:**
Do you want to improve your interaction with others?

This workshop explores and identifies confident ways to express your thoughts and opinions in an effective way to friends, family and colleagues.

The interactive communication skills offered in this course can automatically improve and build on your current level of expertise. Practical and effective techniques will allow you to instantly be able to speak up for yourself in all aspects of your daily life. Learn how to listen and acknowledge issues – “good attention” equals “good communication” and resolve differences more effectively.

**Participant Benefits:**
- Assessing your own communication style
- Enhance your dialogue in challenging situations
- Overcome self-imposed barriers and limitations
- Build an assertive behaviour style
- Recognise the impact of self-talk