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**silicon  
beach**  
TRAINING

## Communication and Interpersonal Skills

**Duration:** 1 day

**Prerequisites**

There are no prerequisites for this course.

This Communication & Interpersonal skills training course is designed for managers and senior managers who wish to increase their self awareness and improve the way they relate to others in order to work more effectively and to sustain high quality working relationships.

The programme addresses the underlying attitudes, which form a manager's interpersonal skills. Participants will learn how to shift unhelpful attitudes and experience ways of expressing themselves more fully and effectively at work.

### Objectives

Having completed this Communication & Interpersonal Skills training course participants will be able to:

- Understand how they use their energy to work effectively
- Learn how to manage themselves better, especially when facing work situations which cause them stress
- Be more aware of the impact they have on other people.
- Be more skilful at understanding how and why other people behave and react as they do

### Course Content

- Influencing Others
- Being more Sensitive to Feelings
- Selling Ideas and Products
- Boss-Subordinate Relationships
- Assessing and Motivating others
- Mental and Physical Health and Handling Stress

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### Related Courses

**Management Skills for New Managers:** 2 days

**Leadership Skills:** 2 days

**Team Leadership:** 1 day

**Facilitation Skills:** 2 days

### Links

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