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Our Communication Skills Course 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.

Improved communication allows managers to delegate responsibilities more effectively and trust that they will be carried through to meet expectations. This leads to stronger, more effective teams and cuts time wasted through miscommunication.

This management training course runs on a private basis on dates to suit you and we can tailor the course content to meet your business goals. Please call us on +44 (0)1273 622272 to discuss your needs.

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## Course Objectives

Having completed this communication 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

- 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

This Positive 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