

Communication & Interpersonal Skills Training

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 to others in order to work more effectively and to sustain high quality working relationships.

Objective

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

Details

Duration: 1 Day

Who is this course 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.

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