

Communicating effectively

This communication course is suited for those who want to improve their interpersonal and communicative skill. What is your style and what are your peculiarities? To get a tool to approach and understand people efficiently. You will be most effective when you understand your own behaviour and that behaviour style of others, when you understand the requirements of a specific situation and adapt your behaviour accordingly.



You wish to learn more about this training? +31 (0)541 - 663 029 or info@jahetwerkt.nl

Programme

- In the communication course, you determine your own communication style;
- Understand communication etiquette;
- Leary's Rose: how to keep everything in hand when things get difficult;
- Find the blind spots in your communication repertoire;
- Question techniques and clarifying the question;
- Feedback skills: giving and receiving feedback;
- 360-degrees feedback: face reality with feedback from your environment;
- LSA: listening, summarizing, keep on asking. The basis of efficient communication;
- Deal with fraught conversations and negative emotions;
- You can apply methodologies, as to be able to deal more efficiently with difficult types;

Outcome

- Understand your characteristic communication style and the effect it has on others;
- You learn to communicate in three other ways than only about content, and also to read between the lines, or to detect what is not being said;
- You discover what personality color means (L. de Caluwé);
- You narrate about your way of communicating and the click you have with others;
- Finally, you learn of course all you need to know about body language;

Specifications

Number of participants 6 to 14 persons.

Blended training forms

- As 1-day or 2-day, depending on preliminary knowledge;
- As a tailor-made programme over several (2-4) day parts.