

# Communicate Effectively

## West Leederville



We may or may not know exactly what we want to communicate, but the 'how to' is crucial for the desired outcome.

Communication is a lot more than just a set of words, more than the giving and receiving of information. Effective communication enables people to connect with each other. Healthy relationships, either personal or in the workplace, are created and maintained by those who are clear and caring in their communication.

This six-week course aims to:

- Help develop skills, knowledge and attitudes to improve communication
- Identify the many reasons why we need to communicate
- Identify empathy blocks and other hindrances
- Convey importance of body language and listening skills
- Consider the challenges when communicating via text and email
- Show the need to communicate emotions appropriately
- Promote appropriate assertion skills
- Consider a variety of other less obvious barriers and solutions to good communication

*Although this course may be helpful, it is not a course specifically tailored to couples. We refer you to our other courses designed for couples such as Communication for Couples or Building Better Relationships for Couples.*

**When:** Tuesdays 18 25 October 1 8 15 22 November 2022

**Time:** 6.30pm – 9.00pm

**Where:** WEST LEEDERVILLE – Level 1, 22 Southport St

**Cost:** \$120 per person



For information about our courses and workshops please call 6164 0200 or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)

*Relationships Australia*  
WESTERN AUSTRALIA