

Communicate Effectively

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
- Develop positive conflict resolution skills
- Consider a variety of other less obvious barriers and solutions to good communication

Where: WEST LEEDERVILLE - Level 1, 22 Southport Street

When: Tuesdays 15 22 February 1 8 15 22 March 2022

Time: 6.30pm – 9.00pm

Cost: \$120 per person

Bookings are required. Please phone 6164 0200 to enrol.

For more information about our courses and workshops, please click [here](#) or visit www.relationshipswa.org.au