

COMMUNICATING WITH CONFIDENCE

Non-Credit Bearing

Due to the format and nature of this particular course, it is only available face to face.

Aim

This course is highly interactive and requires movement and space for individuals to practice improving their confidence and ability to communicate verbally and non-verbally. Participants will be encouraged to challenge themselves to engage in a variety of communication exercises.

Objectives

- Develop simple techniques to prepare for a conversation
- Practice building rapport through eye-contact, greetings, remembering names, and body-language
- Explore the effect of status when communicating across hierarchal levels
- Discover how body language affects your own confidence
- Improve your vocal delivery and body language for impact and clarity
- Develop positive communication skills, including listening and curiosity
- Explore your rights and the right of others when communicating
- Practice communicating with confidence

Outcomes

- Become a more confident and capable communicator
- Communicate with conviction and authenticity, using clear and articulate language, across hierarchal levels
- Gain greater control over nerves and mindset when communicating
- Develop a stronger belief in your ability to communicate
- Develop physicality and voice to achieve credibility and a better image
- Create healthy professional relationships
- Assert your needs while respecting and acknowledging the needs of others
- Practice and evaluate your communication skills for continuous development.

PTO For Table of Contents

One-day course 08:30 -16:00

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