



Express Yourself

Communication Workshop

Learning Outcomes:

In this workshop participants will:

- Enhance **Interpersonal** Communication
- Learn about social **Written and Unwritten Rules**
- Understand **Role Definition**
- How to leverage **Emotional Intelligence**
- How to overcome **Barriers to Communication**

Workshop Description

When we live in a society, we communicate to create meanings of the things around us. The objective of this workshop is to provide participants with a clear understanding of interpersonal skills, emotional intelligence and how the way we communicate, impacts our perception and environment.

Communication is very much subjective and relative. It is as much about getting our point across as it is knowing who we are getting them across to. For example, an action in one culture might be looked upon favorably while frowned in another.

Engaging activities around social expectation, role definition, role conflict and body language will be facilitated to help participants understand the importance of eye contact, firm handshake, or just even a simple smile :)

But before any of that, in order to communicate effectively, we must first understand the rules of engagement that govern our behaviour. This workshop can help show you how!

Workshop Facilitation

Half Day Group Workshop

- 3 hour workshop
- Facilitator Led
- Group activities
- Fee: \$20 per participant
- Min: 10 participants

For Booking Inquires, please contact (289)-635-5578. If cost of the workshop is a barrier, please contact Nabeel Rahman at nabeel.rahman@positivethought.ca to discuss pricing options.