



CLEAR & CONNECTED COMMUNICATION

60 minute program

Overview: Clear and connected communication to reduce conflict

In this fast-paced and increasingly uncertain world, we need effective and easy processes for problem solving, growing emotional intelligence and building resilience. This translates into more cohesive, happier and peaceful workplace cultures. Clear and connected communication is vital to a businesses success.

Program Topics

- How to improve communication and create healthy relationships
- The steps to express feelings, needs and making requests
- Separating thoughts from feelings
- Understanding Universal Human Needs
- The benefit of connecting with your needs and understanding the needs of others
- Self-regulation and personal responsibility
- Real life applications

Inclusions

- Confidential pre course interview - this will assist in contextualising content and addressing core issues
- Post course survey (providing invaluable feedback from workers)
- Post course report providing feedback and recommendations
- Certificate of course delivery and attendance record as evidence
- Downloadable Workplace 'AHA' Action plan

Participants of this course receive:

- Workbook with tools and resources.
- 4-week email series to review and encourage practice

Program Benefits

- Broaden employee perspective and understanding
- Improve communication
- Reduce conflict
- Improve staff and customer relations
- Increase business profit
- Improve brand imagine
- Cultivate team spirit
- Reduce workplace tension
- Increase productivity
- Meet WHS Legislation requirements

Delivery Format

- Face to face delivery
- 60 minute program
- Experiential processes, an impactful learning style
- Provide skills & strategies that can be implemented today
- Relaxed and engaging training style
- Meet WHS legislation requirements

Learn More

www.fasttrainingaustralia.com.au
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