



Advanced Communication and Interpersonal Skills



21 July - 1 August 2024



Manama (Bahrain)

Advanced Communication and Interpersonal Skills

course code: M1037 From: 21 July - 1 August 2024 Venue: Manama (Bahrain) - Crowne Plaza course Fees: 3700 Euro

Program Objectives:

By the end of the program, participants will be able to:

- Identify different approaches to interpersonal relationships.
- Improve organizational communications.
- Discover different personal listening styles.
- Develop skills in building rapport with others.
- Practice and use assertiveness skills in different situations.
- Assertively say No and disagree with others.
- Enhance the ability to influence different personalities.

This Program is designed for:

Employees, supervisors, senior and middle managers who already have good communication skills and want to take them to the next level by developing advanced communication techniques and strategies. This program is worth 25 NASBA CPEs.

Program Outline:

Defining Effective Communication

- Myths in Communication
- Elements of Our Communication with Others
- Communication Windows
- Identifying Approaches to Interpersonal Relationships
- Characteristics of Effective Communicators
- Communicating within Teams
- Organizational Communication

The Art of Listening

- The Personal Listening Profile
- Identifying Listening Approaches
- Active Listening Techniques
- Effective Listening and Paraphrasing
- The Use of Clarification Techniques

Understanding Others Filter Systems

- Internal Representational Systems

Assertiveness Skills

- Definition of Assertiveness
- The Power of Self Talk
- Assertive Rights and Corresponding Responsibilities
- Learning How to Say No
- Feedback and Assertiveness
- Ten Activities to Practice Assertive Behavior

Influencing Others

- Secret of Influencing
- What Makes an Effective Influencer
- Influencing through Rapport
- Sources of Individual Power
- Understanding Influencing Styles
- A Recipe for Successful Influencing
- Influencing Different Personalities

- Eliciting Meta Programs
- Building Rapport with Others
- The Heart of Effective Persuasive Communication
- Using Questions as Probes