

# 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 a set of words, more than giving and receiving information. Effective communication enables people to connect with each other. Strong 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
- Show the need to communicate emotions appropriately
- Differentiate between submission, aggression and assertion
- Impart an alternative understanding of and approach to anger
- Develop positive conflict resolution skills

**Where:** WEST LEEDERVILLE - Level 1, 22 Southport Street

**When:** Tuesday 16 23 February 2 9 16 23 March 2021

**Time:** 6.30pm – 9.00pm

**Cost:** \$110 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](http://www.relationshipswa.org.au)