

Actively experiencing communication.

Target group:

Our program is aligned to the needs of already existing or newly created teams striving to significantly improve their team communication.

The training's target group:

- ✓ How does the communication process function?
- ✓ How do I create a positive relationship to the other team members?
- ✓ How can I actively regulate the communication?
- ✓ How can I refine important communication techniques (e.g. active listening)?
- ✓ In communication, what are the different channels of perception (visual, auditive etc.)?
- ✓ What is the underlying significance of non-verbal communication?
- ✓ How can I develop an increased solution-oriented way of communication (avoidance of negative signal words)?
- ✓ How do I give an appreciating and praising feedback?
- ✓ How do I lead a constructive feedback talk?

Duration: 1-2 days.

Appointments: on request.

How does the training proceed? All the training's contents are conveyed in a practical and active manner. The main focus, thus, will be placed on group work, immediate transfer of knowledge to practice, experience and reflection (use of video camera), exchange of experience and an active communication of our training's contents.

Contact information: Please do not hesitate contacting us via mail: mail@courage-courage.com or via phone: 0049(0)89-12094022 or 030-39208992.

On your way we wish you