

50 TIPS ON EXCELLENT COMMUNICATION FOR LIFE



Training Content

The Objectives of this training are to make you aware of:

- ✓ Why excellent communication skills give you a better quality and quantity of life
- ✓ The significance of elements in the communication model
- ✓ The difference between how verbal, nonverbal and vocal methods
- ✓ Noise Factors and communication blockers
- ✓ Making a good first impression
- ✓ Understanding and approaching different social personality types
- ✓ How people are influenced based on VAK learning styles
- ✓ Understanding crucial facts about body language, Proxemics, tone of voice, and eye contact
- ✓ What are silent messages?
- ✓ How color psychology impacts the brain and creates an impression
- ✓ When to use active, effective and facilitative listening
- ✓ Resolving long term grudges and techniques for effective confrontation
- ✓ Social media communication and its purpose in day-to-day life
- ✓ Working with the FF rule
- ✓ Using 'I messages'
- ✓ Mirroring techniques and ending on a positive note
- ✓ Why we need to meta-talk?

Also included:
TRAINER's Guide
with 5 Training
Activities

& 3 Narrative Scripts/
Readings for the Trainer
*Plus Exclusive Learner's
Booklet*

TRAINER'S BOX

www.trainersbox.net

For General & Technical Questions email us at:

helpdesk@trainersbox.net

