

## COMMUNICAING EFFECTIVELY

Learning to communicate effectively with others is a very important part of life. Being able to communicate one's thoughts, feelings, and opinions in an effective manner may decrease unwanted stress in one's life. This seminar will explore how effective communication can improve chances for positive and progressive opportunities in one's life.

### **Primary Objectives:**

Participants will be able to identify different types of communication.

Participants will learn various aspects of positive communication.

Participants will understand the concept of win-lose and win-win communication.

### **Suggested Audiences: ALL**

