

Communication Skill-Building

Presented by Mary Miscisin



This interactive workshop goes beyond the basics of identifying personality styles and takes a closer look at various communication approaches and preferences for each of the styles.

Explore your preferred methods of communication and gain insights into the pet peeves and preferences of others so you can enhance interactions, reduce miscommunication and preserve your self-esteem.

Outcomes

- ▶ Gain a deeper understanding of your own personality line-up with a brief overview and distinction activity.
- ▶ Distinguish your habitual – as well as preferred – methods of communicating with others. Determine how you really like to be approached and communicated with.
- ▶ Explore the factors that prevent you from communicating exactly what you want when you want to whom you want.
- ▶ Discover ways to establish rapport with those who have a different communication style than yours and find out ways to get your message across so others are motivated to cooperate.
- ▶ Have fun as you boost your listening skills to recognize the intention behind someone's message, even if it wasn't delivered in your preferred manner and open up lines of communication with virtually anyone with whom you interact.

Program Level

- ▶ Intermediate to Advanced
- ▶ This session builds upon concepts learned in the Basic Training in Personality Lingo workshop
- ▶ If participants have not already had the Basic Training in Personality Lingo workshop, additional elements will be added to this training

Program Format

- ▶ This is designed to be a 3-hour presentation
- ▶ Other time formats are available, ranging from 90 minutes to a full day
- ▶ Large and small group discussions and activities are involved

The quality of your life is the quality of your communication.

– Anthony Robbins