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Course Outline

Understanding and Adapting Your Communication Style

The way we communicate with others can make or break relationships, morale, trust and co-operation. No matter what you wish to accomplish today, the chances are you'll use some form of communication to achieve it. Learning to appreciate different communication styles is an important step towards understanding and success, both personal and professional.

Each of us communicates in our own unique and habitual way – but whatever your way might be, it won't always suit everyone you meet! This workshop helps you to recognise your own communication style and understand how to adapt it to the situation and those around you without losing your sense of 'self'.

The workshop topics include an exploration of communication and why it often goes wrong, identifying your own and others' communication styles, how to avoid costly communication errors, adapting your style for greater impact and strategies for improving communication in your organisation.

This workshop is ideal for anyone who wants to understand the power of effective communication, communicate more effectively with others and help drive better communication in teams and organisations.

By the end of this programme, delegates will be able to:

- identify your personal communication style and understand how it affects others
 - learn and rectify the mistakes of your own communication style
 - learn how to adapt your style for best effect
 - develop strategies to improve communication in your teams and/or organisation.
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Delivery designed around you

Our delivery style is fun, interactive and dynamic: we believe that everyone learns more efficiently when they're enjoying themselves! By developing delegates' knowledge and understanding and providing tools and strategies for transferring their learning to the workplace, our workshops quickly increase your people's effectiveness.

Programmes can be tailored to your exact needs and delivered as full- or half-day workshops or as separate modules, depending on the outcomes you want to achieve. We also offer follow-up coaching for individuals and teams. It's our mission to give excellent returns on your training investment with real value for money and flexible, friendly delivery.

To discuss further how we can support with your team's communication, Contact Lisa or Adrian at LPD.

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