

are pleased to offer this one day workshop on

## “That’s not what I meant” Interpersonal communication skills

**Target audience:** Anyone wishing to improve their interpersonal communication skills with other people and improve their understanding of the different ways we communicate, whether personally or professionally

**Aim of workshop:** To enable participants to improve their understanding of the different ways that other people communicate, help them to be understood and improve personal and professional relationships

**Learn to:**

- Communicate more effectively in all walks of life
- Get your message across more effectively
- Communicate better with the opposite sex – yes we are different
- Improve your relationships by avoiding misunderstanding
- Make “small talk”
- Be more assertive and be able to say NO when you really want to
- Deal with criticism and be able to offer constructive criticism
- Listen effectively – some say the most important part of communication

**Duration:** One (1) day

**Dates:** To be confirmed

**Time:** 10.00 – 16.00

**Venue:** To be confirmed

**Facilitator:** Jan Rilatt, Personal Development Coach and Trainer of 

**Price:** £75 per person (includes handouts and refreshments).

**To book a place:** email [info@wrightmindtsl.co.uk](mailto:info@wrightmindtsl.co.uk)  
Telephone 01724 858799 Book via [www.wrightmindtsl.co.uk](http://www.wrightmindtsl.co.uk)

**For more information:** email [janrilatt@youplus.co.uk](mailto:janrilatt@youplus.co.uk) Telephone 07749 996672