

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
Telephone 01724 858799 Book via www.wrightmindtsl.co.uk

For more information: email janrilatt@youplus.co.uk Telephone 07749 996672