

CONSCIOUS COMMUNICATION

(Essential Skills for Successful Workplace Relationships)

- **Is your organization realizing the benefits of honest and open interpersonal workplace relationships?**
- **Are your employees equipped with high level competencies critical to achieving positive and constructive work relationships?**
- **Do your managers have the ability to inspire trust and loyalty in their teams?**

This dynamic core communication program delivers the fundamentals of *how* communication works – and how it affects the quality of workplace relationships.

- Participants learn how to use their knowledge and skills to transform their experience and performance in the workplace.
- **Conscious Communication focuses on the understanding of our core “mindsets” *and how to change them.***
- These mindsets operate like “master programs”... sets of *thinking habits...* which drive employee performance and filter perceptions, forming the basis of decision-making and governing how we interact with others.
- **Mindsets conditioned by unconscious learning can result in unproductive performance patterns.** They tend to keep us in the *comfort zone of the familiar* and resist change.
- Because of their powerful hold on how we perceive the world, **they are the single biggest factor in determining how effectively we communicate.**

Today’s complex and demanding workplace grows ever more dependent on the ability to communicate positively with others despite differences and diversities.

Every single workplace interaction is an opportunity to either build or stress relationships. Conscious communicators use their experiences with colleagues and customers not only to share information but to **advance** relationships.

MODULES

1. **Communicating Consciously** - Learning and Implementing the *Mindset Process Model* – A Powerful Tool for Changing Mindsets
2. **Changing Beliefs, Changing Behavior** - How Individual and Collective Beliefs Drive Behavior and How To Change Them
3. **Measuring Outcomes** - A Model for Establishing Measurable Communication Outcomes
4. **Working with Emotional Intelligence** - The Basics of EI and Developing the Ability to Use Emotions as a Communication Resource
5. **Body Language Mastery** - Developing and Maintaining Rapport for Interpersonal Success
6. **Assertive Communication** – The Essentials of Getting Results Respectfully

PARTICIPANTS TAKE AWAY

- ✓ A working model that equips them to use their thinking to affect how they feel and how they behave
- ✓ Powerful new tools to strengthen interpersonal understanding and relationships
- ✓ Knowledge of personal and collective beliefs that drive performance
- ✓ A schema for managing their own emotional triggers – and a greater ability to use emotions to achieve desired outcomes
- ✓ The skills and the appreciation to take their listening abilities to a new level
- ✓ Greater awareness and skill in using body language to demonstrate understanding and build rapport intentionally
- ✓ A heightened ability to effectively communicate a message assertively, rather than aggressively or passively

To learn more about this program and how it can be customized to fit your business needs click here

[ALAN – the base of each program should carry this line and take people that click that to email us. Also each page should have a return to top or first page and home page](#)