

You are invited to participate on an online, live workshop — Effective communication

Date: Wednesday, January 13, 2021
Time: 12:30pm to 1:30pm
Presenter: Nathalie Concepcion MSW, LCSW, MA

Effective Communication

Audience: Employees, Supervisors

Time: 1 hour

This seminar will define the process of healthy communication and focus on expressing oneself in a way that insures the message will be understood by the person receiving it. Communication styles will be identified, barriers to healthy and effective communication addressed, and active listening skills highlighted. Participants will learn helpful strategies to clarify requests, re-frame negative thinking, and communicate in a respectful, approachable, and professional manner.

When it's time, join your Webex meeting here.

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