



Communicate with Confidence

The Art of Effective Conversations

Program Overview

Communicate with Confidence: The Art of Effective Conversations is a transformative six-week program designed to enhance your communication skills in both personal and professional settings. Through this 6-week journey, you'll learn to master the intricacies of effective communication, from non-verbal cues to managing difficult conversations, and ultimately build stronger, more meaningful relationships.

Module Highlights

Module 1: Introduction: Communicate with Clarity

- Discover the importance of active listening, concise expression, and appropriate body language.
- Understand how non-verbal communication significantly impacts how your message is perceived.
- The importance of non-verbal communication and how body language, facial expressions, gestures, and tone of voice convey powerful messages.
- Explore techniques to enhance your non-verbal communication for building rapport and trust.

Module 2: Family Communications Theory & Communication Barriers

- Examine how early family communication patterns influence your current communication style.
- Develop healthier communication habits by understanding and overcoming past influences.
- Identify common barriers like cultural differences, emotional states, and environmental factors.
- Gain strategies to overcome these barriers and improve clarity in your interactions.

Module 3: Difficult Conversations

- Preparing for Difficult Conversations
- Learn to approach difficult conversations with empathy, clear goals, and effective preparation.
- Manage your emotions and stay calm under pressure to ensure productive outcomes.
- Create a safe environment where everyone feels respected and valued, fostering open dialogue and collaboration.
- Embrace the balance of directness and empathy in your communications to build stronger, more authentic relationships.

Module 4: The Art of Feedback

- Master the art of giving and receiving feedback in a way that promotes growth and improvement.
- Utilize models like the Ladder of Inference to ensure feedback is grounded in reality and fairness.
- Enhance self-awareness, emotional intelligence, adaptability, and resilience to become a more effective leader.
- Understand how these competencies contribute to better decision-making and relationship-building.
- Develop trust through consistency, transparency, and genuine interest in others, creating a foundation for effective communication.

By the end of this program, you will:

- Communicate with greater confidence and clarity.
- Build stronger personal and professional relationships.
- Navigate difficult conversations with ease.
- Enhance your leadership skills through improved communication.
- Foster a supportive and collaborative environment.

Join us on this journey to transform your communication skills and make a lasting impact in your interactions.

For more information and set up a time to talk [click on the link](#)

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