

Speaking One-on-One

“Think before you speak!” Remember hearing this when you were a child? Although we were told this repeatedly, few of us learned a formula for actually doing so. This course is designed for those who wish to save time, reduce stress, and improve his/her one-on-one or small group speaking skills. A strategy for getting your point across in less than a minute will be used.

Group exercises, video reviews, and practical application will be used in this fast-paced course.

The workshop objectives are designed to help participants:

- Review a communication system
- Understand how words can unintentionally hinder the communication process
- Learn how to create a safe and supportive communication environment
- Explore gender differences and needs in communication
- Use a three-part formula for designing messages
- Deliver powerful action messages

