

Effective Communication

Build Rapport in Workplace

Target: All Level Group Size: 8-20

Do you find your team not connect with each other very well? Do you want to minimize your team's misunderstood and conflict as well as enhance their communication and productivity?

Content Highlights

- Why Effective Communication does not easily happen ?
- Build Rapport in 4 steps
- Elements of Effective Communication skills
- Pay attention to non-verbal signals
- Case Studies of Communication Pitfall to develop effective behavior & habit in team



Approach

- Basic understanding of your behavior styles lay a foundation for understanding the strategies & behavior through being aware of the sensory acuity more, to produce satisfaction & effective result with behaviorally flexible
- Facilitators lead through self-discover, presentations, interactive discussion, experiential exercise, reflection sharing and case studies

Outcomes



RAPPORT BUILDING TACTICS TO MAKE POSITIVE & EFFECTIVE RELATIONSHIP



Got job satisfaction with a **HARMONY WORKING PARTNERSHIP**



Get a stratagem to **COMMUNICATE TO DIFFERENT GENERATIONS EFFECTIVELY**



Internalize a **SOLID ACTION PLAN** for the effective communication

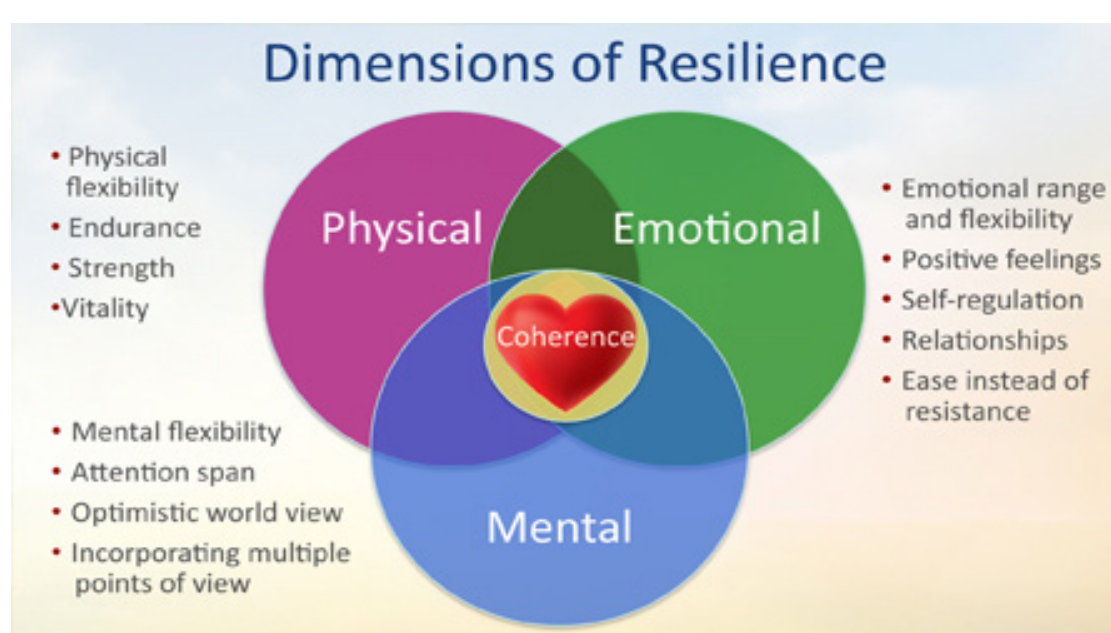
Who should attend?

- All walks of life who wish to sharpen the communication skill for productivity
- New joiners who need to blend-in with a team or the frontline junior executives

The Power of Resilience in A Time of Uncertainty

Target: everyone from the same corporate

Group Size: 1-50 3 hours



Content Highlights:

- 1) What is resilience and why is it important in an ever changing environment?
- 2) How do you react and adapt to the challenging economic circumstances?
- 3) A five-step model of enhancing resiliency through emotion & stress management
- 4) Stories of highly resilient persons
- 5) Empowering your inner self by applying the principle of Positive Psychology

Format: Experiential activities, mini-lectures & cases sharing