

# Heart-Centered Programs

*Empower - Energize - Enhance*

Putting **Heart** back into your life

## Better Communications

### Overview/Description

Communication is an essential skill that affects every area of your life. By developing effective communication skills you set the stage for success. In this workshop you'll learn how effective communication can have a positive and powerful influence on your relationships, business and work life, family and friends.

### Ideal Audience

Anyone that interacts with other people. Also, those looking to improve their communication style and effectiveness.

### Expected Duration

1 hour, 2 hour, or Half-Day Session

### Workshop Objectives

At the conclusion of this workshop, you will be able to:

- Understand Communication Barriers
- Improve Listening Skills
- Types of Workplace Communication
- Learn Effective Communication Skills
- Read Body Language
- Reduce Misunderstandings
- Present yourself more Confidently and Clearly

*"Communication works for those that work at it."*

*- John Powell*

*"Communication – the human connection - is the key to personal and career success."*

*- Paul J. Meyer*

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