

Communicating Effectively

Learning Objectives & Competencies

The workshop objectives enable you, the participant, to clearly understand what the *Communicating Effectively* workshop course anticipates you will learn, which could be a new civic skill, or knowledge about a specific topic.

Skills Objectives

1. Ability to assess and practice effective interpersonal communication skills
2. Understand and differentiate among different examples of verbal and non verbal communication forms
3. Strengthen your listening skills in support of strong communication

Knowledge Objectives

1. Understanding of elements of effective interpersonal communication

Competencies

Develop ability to recognize and differentiate between effective and non-effective interpersonal communication methods and put into practice your own effective communication skills.