

**Category:**

Advanced Management

**Course Length:**Half Day  
(4 hours)**Materials:**

\$30 per participant

**Cancellation Policy:**

10 Business Days

**Minimum Number of Students:**

1

**Maximum Number of Students:**

20

When we are able to communicate authentically we do not need to go into “activation” or “defensive” mode and we are void of “ego.” We are free of the need to “validate” through others and to “prove ourselves.”

**The primary objective** is to learn the art of “Authentic Communication” because as people, and as leaders, we are far more effective when we are engaged with our authenticity. We can “hear”, “speak”, “process” and “deliver” as well as “receive” messages far more effectively. However, this process requires self-awareness that helps us to understand our relationship to our emotions, thought processes, and what motivates our behaviors and reactions/interactions. This aspect is key to enhancing performance, dealing with conflict situations, and being able to remain a strong, healthy, and thriving team even through the most challenging times in any organization. The Art of Authentic Communication is rooted from the Existential Psychology Model. Using interactive exercises and assessments, participants will gain:

**Core Competencies:** Differentiate the primary Contents Areas

- ✓ Building self – awareness around one’s relationship to their emotions, thought processes, behaviors, and how this influences communication in relationships
- ✓ Identifying triggers to manage conflicts and difficult emotions more effectively
- ✓ Identifying emotional roadblocks that create relationship barriers and often stifle performance
- ✓ Discuss the importance of self-compassion and compassion to others
- ✓ Discuss communication styles that engages vs. alienates
- ✓ Improve awareness around body language and intonation

**Benefits:** Gain the value of Authentic Communication

- ✓ More accurate perceptions of needs, core values and goals
- ✓ Minimize assumptions, misunderstandings, and conflict
- ✓ Build stronger relationships and enhance performance
- ✓ Communication that engages vs. alienates
- ✓ Learn the value of “real listening” to build better bridges
- ✓ Create an environment where it is safe to express differences, new ideas, be creative, receive and deliver constructive criticism, etc.
- ✓ Maximize your effectiveness with conflict resolution
- ✓ Create an environment of “respect”, objectivity, clarity, and open-mindedness
- ✓ Bibliography of external resources and literature