



## A Communications Workshop

This half day program is designed to provide leaders, managers, employees and intact teams with an opportunity to explore communication in an interactive and open atmosphere.

Participants will engage in exercises that invite them to notice and become aware of the effects of their own behaviour and attitudes. They are invited to be open to new ideas and possibilities, promoting teamwork.

The exercises are intended to be fun, empowering and experiential.

### Objectives:

- Practice being present and listening carefully.
- Increase participants' awareness of the effect of their way of communicating.
- Encourage participants to notice and gain an understanding of colleagues' communication styles.
- Appreciate individuality while valuing connectedness and cooperation.

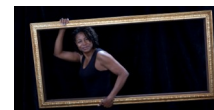
### Benefits include:

- Ability to recognize and overcome communication barriers.
- Increased capacity for collaboration and cooperation.
- Improved and stronger interpersonal relationships.

### Workshop Logistics

This workshop is 5 hours in length. It is recommended that the group size be 8 to 16 individuals for maximum impact. The workshop may be hosted at your location or an offsite conference facility.

Studio for the Inner Voice®



For information call 519-274-0799

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