

Communication Styles

This training will give attendees the opportunity to learn about the four primary communications styles people use in their lives. The participants will take a communications style inventory to identify their most predominant communication style and how their style can affect their lives. They will learn how to communicate more effectively using their prevalent communications style and how to communicate effectively with others who have different communication styles. Knowing how to work with other people with different communications styles helps alleviate stress in our communication efforts.

The people attending the training will gain an understanding of their communication style as well as the style of others and how to recognize when someone is communicating from one of the four styles

Participants will...

...learn about the four communication styles

...take a communication styles inventory

...talk about your style, what is helpful, and what you would like to do differently in communicating with others.