

Effective Communication

The courses will start every day at 10h00. The ending time is between 15h00 and 16h00, also depending on the number of students. Often, there will be a homework assignment of between 1 and 2 hours to prepare for the next day.

Day 1: The connection – empathic communication in a professional context

- Overview of the course and establishing personal learning objectives
- How to listen to others beyond opinions and positions for feelings and needs
- Creating a balance between your needs and those of others

Day 2: The awareness – why you communicate the way you do

- Recognizing patterns
- Developing mildness and compassion in your communication
- Developing alternatives to your patterns

Day 3: The group – understanding group dynamics and your role in teams

- What role fits you in a team?
- How can you adjust your communication to people with different roles?
- How to avoid the false consensus effect?

Day 4: The source – the freedom of honest communication

- How to communicate openly and honestly in a professional context
- The power of vulnerability
- Creating deep connection with others

Day 5: The jump – bringing it all together

- The difficulty with communication techniques is in applying them in your life, so let's get real.
- Participants will present a personal case to practice with
- How to continue practicing and growing: the hero's journey