

Mastering Interpersonal Communication: A 5-Day Intensive

2027 000000 1 - 000000 27
Prague (Czech)

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Day 3: Assertiveness and Conflict Management

- Understanding assertive communication styles.
- Applying structured conflict resolution strategies.
- Developing negotiation skills for constructive outcomes.
- Managing difficult conversations with confidence.

Day 4: Building and Maintaining Relationships

- Understanding the stages of relationship development.
- Applying techniques for building trust and credibility.
- Recognizing cultural and gender influences in communication.
- Strengthening professional networking skills.

Day 5: Advanced Communication Strategies

- Adapting communication approaches for different contexts.
- Understanding mediated and digital communication practices.
- Applying emotional intelligence in communication situations.
- Practicing real-world communication scenarios.

Individual Impact

- Improve confidence when expressing ideas and opinions.
- Strengthen listening and empathy skills.
- Enhance the ability to handle difficult conversations.
- Build stronger and more meaningful relationships.

Work Impact

- Improve teamwork and collaboration across departments.
- Strengthen conflict resolution and problem-solving capabilities.
- Enhance communication with clients, colleagues, and stakeholders.
- Support more effective leadership and team engagement.

Training Methodology

The program combines theory with practical exercises to ensure meaningful learning outcomes. Learning methods include:

- Interactive workshops and guided discussions.
- Role-playing exercises and communication simulations.
- Case studies based on real interpersonal challenges.
- Self-assessments and reflective activities.
- Practical frameworks and communication tools.

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A graphic of a chessboard with several chess pieces. A large gold king piece is prominent in the foreground, with a silver pawn and a silver knight behind it. The board is checkered, and there are concentric circles in the background.

Beyond the Course

By the end of the program, participants will be able to:

- Communicate ideas clearly and confidently in diverse situations.
- Resolve conflicts and manage conversations constructively.
- Build stronger professional and personal relationships.
- Apply advanced communication skills to support collaboration and leadership effectiveness.

A graphic of a chessboard with several chess pieces (a king, a queen, and a pawn) on it, set against a background of concentric circles.

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