



# Communication & Conflict Workshop Overview

## Who is this workshop for?

This workshop is for those who want to develop effective communication skills to positively impact team performance as well as improve how they handle challenging conversations with the aim of diffusing tension and returning to collaborative working.

## What are the benefits of this workshop?

Your team will:

- ✓ Develop their communication skills
- ✓ Learn practical solutions to reduce and manage tension
- ✓ Gain a common language to talk about differences in this area
- ✓ Practise adapting to different communication styles
- ✓ Find a framework for constructive feedback
- ✓ Be able to navigate difficult conversations more easily

## Additional workshop options

- Change Management
- Stress and Resilience
- Team Cohesion
- Leadership Development
- Sales and Influencing