

## WORKSHOP OVERVIEW

# C-me Communication and Conflict Workshop

## Overview

Turn tension into trust by mastering how your team talks, listens, and works through conflict.

### Who is this workshop for?

This workshop equips participants with practical communication strategies to boost team performance and confidently navigate challenging conversations—diffusing tension quickly and restoring productive, collaborative working relationships.

### What are the **benefits** of this workshop?

- 01** Develop ways of communicating effectively, creating clarity, building trust and improving performance
- 02** Learn practical solutions to reduce, and manage tension
- 03** Gain a shared language for navigating differences and avoiding misunderstandings
- 04** Practise adapting to different communication styles and behavioural preferences
- 05** Use a clear framework to give and receive constructive feedback
- 06** Be able to handle difficult conversations more easily

### Additional **workshops** available...

Stress and resilience

Team cohesion

Leadership development

Influencing with impact

Change management

Foundation