



The Power of Connection: Techniques for Building Meaningful Communications

► Upcoming Sessions

09-13 Sep 2024	Houston - USA	\$6,950
02-06 Dec 2024	London - UK	\$5,950
24-28 Feb 2025	London - UK	\$5,950
23-27 Jun 2025	Dubai - UAE	\$5,950
01-05 Dec 2025	London - UK	\$5,950

► Training Details

Training Course Overview

The Power of Connection course is a 5-day training program designed to enhance participants' communication skills and foster meaningful connections in personal and professional relationships. This course recognizes the importance of effective communication in building trust, resolving conflicts, and fostering collaboration. By exploring various communication techniques and practicing active listening, empathy, and assertiveness, participants will develop the skills to establish and maintain genuine connections.

Training Course Objectives

By the end of this training course, participants will be able to:

- Understand the importance of effective communication in building meaningful connections
- Develop active listening skills to enhance understanding and empathy
- Cultivate assertiveness to express thoughts and feelings effectively
- Build skills to handle conflicts and difficult conversations constructively
- Foster collaboration and teamwork through clear and respectful communication
- Develop strategies for building trust and rapport in personal and professional relationships

Designed for

This training course is suitable to a wide range of professionals but will greatly benefit:

- Professionals who interact with clients, colleagues, or stakeholders and want to improve communication effectiveness
- Managers and leaders interested in fostering a positive and collaborative work environment
- Individuals who desire to improve their personal relationships and establish deeper connections
- Anyone interested in enhancing their active listening, empathy, and assertiveness skills

Learning Methods

This Anderson training course will utilise a variety of proven adult learning techniques to ensure maximum understanding, comprehension and retention of the information presented. This will include an interactive mixture of lecture-led learning & group discussions.

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Day One: Introduction to Effective Communication and Meaningful Connections

- Understanding the importance of effective communication in personal and professional relationships
- Exploring the elements of meaningful connections and their impact on trust and rapport
- Assessing current communication styles and identifying areas for improvement

Day Two: Active Listening and Empathy

- Developing active listening skills to enhance understanding and connection
- Cultivating empathy and understanding different perspectives
- Practicing reflective listening and empathetic responses

Day Three: Assertiveness and Expressing Thoughts and Feelings

- Understanding assertiveness and its role in effective communication
- Developing techniques to express thoughts and feelings assertively and respectfully
- Overcoming barriers to assertiveness and building confidence in communication

Day Four: Conflict Resolution and Difficult Conversations

- Understanding the dynamics of conflicts and their impact on relationships
- Strategies for managing and resolving conflicts constructively
- Techniques for engaging in difficult conversations with empathy and respect

Day Five: Building Trust and Rapport

- The importance of trust in building meaningful connections
- Strategies for building trust in personal and professional relationships
- Creating an environment of open communication and collaboration

► The Certificate

Anderson Certificate of Completion will be provided to delegates who attend and complete the course

► INFO & IN-HOUSE SOLUTION

For more information about this course, call or email us at:

Call us: +971 4 365 8363

Email: info@anderson.ae

Request for a Tailor-made training and educational experience for your organization now:

Email: inhouse@anderson.ae

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