



INTERPERSONAL SKILLS TRAINING

"Be kind, for everyone you meet is fighting a hard battle." - Plato

This interactive training course provides participants with the essential interpersonal skills necessary for success in the workplace. Learn about communication, self-awareness, empathy, collaboration, and more. Receive guidance on how to actively listen, resolve differences, foster healthy relationships, give and receive feedback, and build trust. Participants will embark on an engaging journey of self-exploration and practice real-life scenarios to strengthen their interpersonal skill set. Leave the course feeling empowered and equipped to handle challenging situations with confidence and finesse.

Key Course Content:

- Develop rapport with colleagues (even when it seems impossible)
- Discover key workplace influencing techniques
- Improve self-awareness
- Deal with difficult people
- Identify and maximise interpersonal strengths
- Use language for influence and persuasion
- Resolve intrapersonal conflict before it festers and morphs
- Build conversation for effective working relationships
- Develop collaborative communication strategies



Target Audience:

The course can be tailored for the specific cohort whether it be the leadership team, another group of managers/team leaders or employees.



Duration:

This course is available as a 1-day course or a truncated half-day course.



Delivery:

This course can be delivered both in-person or virtually. For virtual delivery, we can use our virtual platforms or your organisations.



Group Size:

We recommend a group size of 4-10 people.