

## Training **COMMUNICATION STYLES AT WORK** Get your message across

There is a world of difference between what we want to say, what we think we said, what we actually said, what others heard, what they think they understood, what they actually understand and what you think they understood. The time has come for a training that improves our interpersonal communications.

Discover your communication style and learn how to get the message across. The “**Communication Styles at Work**” session will give you the tools to do so.

### Objective

Participants will discover their personal communication styles and learn how to identify the communication styles of their colleagues, managers or employees enabling them to make the most of their interactions and improve teamwork.

### Target Group

All people whose job description includes interacting with others to attain a result. Directors, managers and supervisors.

### Learning Objectives

After this session participants will be able to:

- Define and classify the 4 Communication Styles: Analytical, Driving, Amiable and Expressive;
- Identify their own style and the impact it has on others;
- Recognize and identify the reactions and interactions of the different styles;
- Identify the strengths and weaknesses of each communication style including their own;
- Deal with others' styles using techniques that enhance the efficiency and quality of communications;
- Solve problems in a team environment and optimise resources within the team.

## Methodology

TACcom Group trainings are dynamic and interactive. Our professional actor/trainers add a unique and innovative touch to all sessions.

The Communication Style workshop is composed of: short sketches to present the styles, plenary discussions, team exercises, theory, individual exercises, simulations and games to enhance message retention.

## Material

Participants will receive a binder with information on the 4 Styles, how they interact as well as practical exercises.

**For additional information please contact our Montreal office at:**

514-522-3225 or 1-888-522-2552