

## Communication Skills - Advanced

**Practical information:** Number of participants: Between 5 and 10  
Duration: 1 day (09:00 – 17:00)  
Price per person @ Valesta office: €750

### Course Overview

Excellent communications skills and the ability to build effective relationships are invaluable to you in both your career and personal life. Knowing how to communicate effectively with all type of stakeholders, even during changes is crucial. Further fine-tuning of your communication skills will give you the tool to create better relationships and increase productivity.

This course is designed to provide you with more profound insight and knowledge on your communication style. It will be achieved by blending theory with practical learning.

Knowledge on basic communication skills, such as active listening, asking open questions, probing and concluding is required to enroll in this course. This course can be combined with the “Communication Skills - Immersion” course provided by Valesta Academy.

### By attending this course you will gain:

- ✓ Knowledge on your personal resilience
- ✓ The ability to communicate and connect within a team
- ✓ The ability to communicate efficiently with external stakeholders of whom you have expectations

### Course Content

The content of this training is theoretically and practically orientated and aspects can be tailored depending on the participant's needs. The training is experience based with a focus on practical exercises, exchanging of personal experiences and individual points of attention.

The topics covered during this course include:

- Personal resilience
- Communication during changes
- How to connect within a team
- Understanding of non-verbal communication
- Deal with others’ emotions
- Communicating efficiently during networking

By sharing successes and opportunities to improve, you’ll get new insights and tools to enhance your communication skills and become a much more effective communicator.

**For more information or to reserve a seat on this training course please contact us today!  
*We are flexible! Should you require training to be carried out in-house, we would be happy to discuss your needs and come up with a suitable solution for you.***