

## Insights: Connecting Communication

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

### Course Overview

Being aware of different communication styles is important when it comes to communicating with others. Your personal communication preference may differ to other team members. By identifying and acknowledging the differences in styles enables you to adapt your communication preference so that it is clearer for recipients.

During this one day course, attendees will learn how to communicate in a powerful and respectful way to people. Participants will go through exercises and simulations, acquire awareness of their own strengths and weaknesses, as well as those of others and understand the possible impact of those traits.

Basic knowledge on Insights and a personal Insights profile is required to enroll in this course. This course can be combined with the “Insights: Adapt to Connect” course provided by Valesta Academy.

### By attending this course you will gain:

- ✓ The ability to recognise others’ personal preferences and how to react to them.
- ✓ Knowledge on how to communicate in a connecting manner.
- ✓ Knowledge on the impact of personal preferences of team members on the team dynamic.

### Course Content

The content of this course is theoretically based. Aspects of the course will be adapted to attendees personal cases and points of improvement.

### Topics that are being covered during this training are:

- Basics of connecting communication
- Impact of Insights team type
- Recognise others’ preferences
- Learn to adapt to others when in stress

Personal cases will be requested prior to the training as examples of situations where you have difficulties adapting to others or communication with others. The training is delivered in a very practical manner with participants exchanging personal experiences and individual points of view.

**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.***