

Effective Communication workshop

Workshop objective

To improve delegates' communication skills in daily work and life situations. Listening and interpersonal skills will be examined in depth to help delegates identify their strengths and bring their whole selves to their conversations and communications.

Workshop length

09.30 – 16.30 6 CPD hours

Workshop outline

The workshop will explore:

- How do we communicate?
- The communication cycle
- Raise personal awareness – what is already working?
- Boosting listening skills
- What gets in the way of good communication?
- Understanding how other people see the world
- Managing challenging situations or people through high quality conversations

Who is this workshop for?

The workshop is for anyone who wants to know more about how they can use strengths in their personalities to communicate more effectively.

Your trainer - Lucy Whitehall, CIPD, Director, Transform and Thrive Ltd.

Lucy Whitehall is a Positive Psychologist and Coach. Lucy specialises in employee wellbeing and performance, helping people to access their innate resilience and strengths enabling them to flourish and thrive.

Lucy delivers inspiring workshops and guidance in Mindfulness, Positive Psychology, Mental Wellbeing, Supercharging Sleep, Personal Resilience, Work-Life Integration, Personal Effectiveness, Assertiveness & Confidence, Time and Energy Management, Grit & Growth Mindset, Emotional Intelligence, Managing Change and Personal Branding.

Lucy is an experienced coach trained to masters level. She works with clients from all walks of life including senior leaders, managers, entrepreneurs and business owners.



Lucy holds a BSc in Life Sciences, MSc in Human Resource Management, and is a chartered member of the Institute of Personnel and Development (MCIPD). In 2018, Lucy qualified with the world recognised Masters in Applied Positive Psychology and Coaching Psychology (MAPPCP), from University of East London.