

# Effective Communication workshop

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## Workshop objective

To improve delegates' verbal and physical communication skills in daily work and life situations.

## Workshop length

09.30 – 16.30          6 CPD hours

## Workshop outline

The workshop will explore:

- How do we communicate?
- The communication cycle
- Writing styles
- 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 explore and boost their verbal and physical communication approaches to enable them to thrive in all areas of their lives.

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

Lucy Whitehall is a Positive Psychologist and Coach. She 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.

She also 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.

Previous delegate comments on Lucy's courses include:

*"Really liked Lucy's empathetic approach, really engaged me"*

*"Very positive and constructive course - Came away with a realistic and manageable action plan."*