

Interpersonal Relationships in the Workplace Course Card

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Course Aims

In this session you will learn the importance of interpersonal relationships and explore ways of developing relationships and interacting positively either individual or in teams whilst appreciating the need for boundaries. You will also learn a range of techniques in the decision making process and be able to demonstrate this skill with a positive and assertive approach.

By the end of this session, attendees will:

- Describe what is meant by the term interpersonal relationships
- Explain the importance of developing positive interpersonal relationships
- Communication skills including the giving and receiving of constructive feedback
- Understanding the effect of your behaviour, opening channels of communication and gaining cooperation from others
- Identify what assertiveness is and how to command respect without becoming aggressive
- How to manage conflict, frustration and anger
- Manage your emotions: personal skills and interpersonal skills
- Describe the differences between interacting with individuals as part of a group

Course Benefits

- Be able to actively participate and work within a group environment recognising different styles and group dynamics.
- Adapt and flex your style accordingly to in order to get the best from others.
- Gain a nationally recognised qualification

Who should attend this Course?

This course is beneficial for anyone who wishes to enhance their interpersonal communication skills to improve relationships positively either in the workplace or personally.

Price

Workshop - £125 per delegate, which includes the City & Guilds registration fee. 1 day workshop including lunch and a delegate workbook.

Further Information

This is a one day training event scheduled across a variety dates in 2015. To see when and where we are next running this event or to book, visit our website www.blythconsultancy.co.uk or call us on 0141 334 4788. You can also email your enquiry to hello@blythconsultancy.co.uk

Booking terms and conditions are available on our website.

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