

COMMUNICATION

ONEIRIC

Effective communication occurs when sender and receiver perceive the message in the same manner.

Communication is an exchange or sharing of thoughts, words, ideas and feelings between two or more people.

Communication style, form and role vary. It could be one-way or two-way; verbal or non-verbal; the role taken would be based on personality and need.

Good communication involves the use of sight, sound, touch, feeling and is a skill that could be acquired through training.

AREAS COVERED IN THE WORKSHOP

Listening
Observation
Empathy

Body language
Tone/voice modulation
Filters/ processing

Probing/mediation
Assertiveness
Credibility

BENEFITS

Enhances

Good interpersonal relations
Relevance and clarity of thought and expression
Structured, interesting, professional exchange
Creates trust and openness to accepting new ideas
Helps in decision making and initiating change
Harmonious, long lasting relationships

Reduces

Misunderstanding
Conflict
Disharmony

This experiential program by Oneiric uses discussion, role play, breathing, relaxation, imagery, cognition, psychodrama, games and activities to help internalize learning.