

EFFECTIVE COMMUNICATION & INTERPERSONAL SKILLS

OVERVIEW

Conflicts and stress are the elements that occur in life either at the workplace or outside the organisation.

It occurred due to different kind of needs and expectations which normally creates conflicts within customers, suppliers, peer groups, colleagues, supervisors, subordinated, friends and even family members.

This program may assist and give guidelines to prevent and avoid the stress as well as conflicts which may cause pain in our lives.



OBJECTIVES

PROFESSIONALLY WITH
COLLEAGUES
AND PRESERVE
SELF-ESTEEM

HARMONY IN THE WORK
PLACE, UNDERSTAND
HOW EMOTIONAL
MATURITY

HELPS IN REGULATING
FRUSTRATION
AND ANGER

BEING EFFECTIVE IN
ACHIEVING OUTCOMES
THROUGH EFFECTIVE
COMMUNICATION.

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