

“Better Communication, Better Relationships”

Workplaces today place great emphasis on the need for employee mutual respect, collaboration, open disclosure, reflective dialogue and collegial leadership. This requires an ability to communicate in a way that fosters better relationships and a healthier system. Reviewing and improving our communication skills is a part of continuous improvement and yet we seldom do it.

Better communication is one way we can help employees navigate the ever changing work environment. Better communication;

- Fosters improved employee self- esteem
- Reduces employee stress and anxiety
- Removes tension from relationships
- Improves overall job satisfaction



This 2 day intensive, experiential program incorporates the following learning;

- » What is effective communication?
- » Who taught us to communicate?
- » What stops us from communicating effectively? False beliefs, feelings, personal defences and stinking thinking
- » A refresher of active listening and associated communication skills
- » The nature of perception
- » Communication styles- passive, aggressive and assertiveness
- » How to calm ourselves down
- » Skills for assertiveness- words, feelings and actions
- » Practice sessions including saying “No”; How to respond to criticism; How to attend to disappointment
- » The nature of conflict
- » De-escalation and conflict resolution
- » Bringing it all together- rehearsing attendees real life scenarios

The evidence for Prevention and Wellness Programs

Evidence suggests “that health and wellbeing programs do not need to be expensive to be effective. Many workplaces have implemented holistic low-cost programs that result in significant benefits.” National Mental Health Commission & Mentally Healthy Workplace Alliance, 2014.

“In a recent meta- evaluation of 700 studies- workplace health programs resulted in a \$5.81 saving for every \$1 invested in employee wellbeing.” *The Health and Productivity Institute of Australia, 2015*

Program Delivery

This is a two day intensive program which has integrated three separate modules. It can be run across consecutive days or a day per week.

Please note: A follow up session is also an option to check in with attendees several weeks later and trouble shoot any concerns.

Minimum number of group participants 10. Company roll out possible.



Facilitator

Kim Elkovich - Principal

Masters in Counselling, GradDip Psychology, BAppSc. Kim is a sessional academic with the Faculty of Health at the University of Newcastle; teaching undergraduate and postgraduate courses including mental health. Prior to gaining her qualifications in psychology Kim had an extensive career and held senior roles in corporate health.

For more information [please contact us](#).