

Effective Interpersonal Communication Skills



Who Is This Program For?

We can get so busy working in our jobs that we can sometimes forget to prioritise our careers and our professional development. This 1-day workshop is designed for busy professionals who want practical, pragmatic development that is designed to be engaging, interactive and long-lasting. The workshop focusses on helping you to develop the right mindset, skillset and toolkit to manage effective interpersonal communication skills with diverse people and in diverse settings.

Learning Outcomes.

- Identify your preferred communication style and preferences.
- Discuss the characteristics of resilient people.
- Explore how to adapt and flex to the different communications styles and preferences of others.
- Understand elements of group dynamics and practice ways to 'read the room'.
- Practice using conversational intelligence to explore problems, identify solutions and communicate more effectively.
- Develop more effective, active & empathic listening techniques.
- Determine ways to communicate effectively so that people engage with you and information, faster and more intentionally.



Session Length

9:30am-4pm in person



This workshop was so useful! From understanding different communication styles better (rather than thinking it's just a 'personality clash' when working with different styles of people!) and learning how to flex my communication style to have more impact, to finding ways to work more cohesively with others. Excellent, engaging and motivating!

Nell Wilson

PROGRAM FACILITATOR



Contact Nell Wilson

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Nell Wilson is a globally experienced Executive Coach, Leadership Development Specialist and Consultant. She has held leadership and learning and development roles for over 25 years in the corporate sector in a variety of Australian multi-national organisations. Nell has worked with thousands of Leaders, teams and individuals across the public, private, not-for-profit/for-purpose and NGO sectors.

Her experience spans across a variety of industries and sectors and she works with clients from Government (Federal, State and Local), Investment & Finance, Health, Education, Australian Defence Force, IT, Mining & Resources, Telecommunications, Banking, Manufacturing, Law, Consulting, Media/Advertising, Building/Construction, Police & Emergency Services and Tourism to name a few. Nell has been a people leader for over 19 years so has both credibility and credentials as a leader, leadership specialist and Executive Coach.

Nell is an Accredited Executive Coach with both the International Coaching Federation (ICF) as a 'PCC' (Professional Certified Coach) and with the Institute of Executive Coaching and Leadership (IECL – Level 3). Nell is an Associate with Melbourne Business School and Leadership Victoria, an Accredited Practitioner with Human Synergistics instruments for over 15 years (Lifestyles Indicator – LSI, Manager Impact – M/I, Leadership Impact – L/I, Group Styles Indicator – GSI). Nell is also accredited with the Hermann-Brain Dominance Indicator (HBDI), Situational Leadership II (SLII), all of the Franklin Covey programs and DiSC. Nell also has a Bachelor of Adult Education with the University of Melbourne and is a graduate of the Adaptive Leadership Program at Harvard Business School.

Nell's partners with individuals, teams and organisations in order to help them increase their self-awareness and effectiveness and improve their behaviours and business results in a sustainable way. Her practice is evidence-based and informed by an extensive tool-kit of leadership frameworks and practices and also includes a diverse knowledge base of facilitating and dynamic group processes. She has helped thousands of individuals and leaders identify their strengths and barriers to success, gaining deep insights and achieving real change for themselves and those they lead. Nell's facilitation style is described as energetic, practical and insightful and usually leaves a lasting impression on others.



Accredited
Coach



Accredited practitioner
LSI GSI M/I L/I HUMAN SYNERGETICS