



Workshop on Interpersonal Skills

Participants will benefit by learning to

- Identify personal needs in an interpersonal relationship
- Identify their approaches to interpersonal conflicts
- Identify individual preferences to Giving and Receiving feedback
- Identify & establish methods for developing interdependence and trust
- Develop negotiation skills

Target audience

- Managers wanting to be more effective
- New / first time managers
- People working in teams

Workshop outline

- Interpersonal styles and Johari window
- Self - disclosure and feedback tools
- Building deeper trust in relationships
- Developing interdependencies
- Use of non - verbal communication
- The art of listening in Conflict management
- Conflict Management style survey
- Developing people skills
- Negotiation Skills
- Managing Perception

Workshop details

- Duration: 16 hours spread over 2 days
- Typical Batch size: 10-15 participants
- Financial Details: INR xxxx

Sample Facilitator Profile

- Professional Experience: 17 years
- Domain Knowledge
 - People Management
 - Conflict management
 - Interpersonal skills for Executives
- Also facilitates learning such as
 - 101 Executive coaching for success
 - Goal Management
 - Delegation excellence