



# COMMUNICATING FOR EFFECTIVENESS TRAINING PROGRAM

Empowering individuals and teams to enhance communication and emotional intelligence for superior performance

## OVERVIEW

This comprehensive program is tailored to develop emotional intelligence and effective communication skills, enabling individuals and teams to achieve greater collaboration, productivity, and decision-making.

### KEY FEATURES



**INDIVIDUAL DISC ASSESSMENT AND DEBRIEF INSIGHTS**



**TRI-METRIX EQ DEBRIEFING**



**TEAM EQ COLLABORATION WORKSHOP**



**DIMENSIONS OF SUPERIOR PERFORMANCE**



**TRAINING ON SELF-AWARENESS, SELF-REGULATION, MOTIVATION, SOCIAL AWARENESS, AND SOCIAL REGULATION.**



**CONFLICT RESOLUTION STRATEGIES**

### PROGRAM SCHEDULE



**SESSION 1: TEAM EQ INSIGHTS**

Explore emotional intelligence for collaboration and productivity.



**SESSION 2: SELF-AWARENESS**

Understand emotions and their impact on communication and decisions.



**SESSION 3: SELF-REGULATION**

Learn strategies to manage emotions effectively during change.



**SESSION 4: MOTIVATION**

Discover how to channel emotions for productivity.



**SESSION 5: SOCIAL AWARENESS**

Understand the role of empathy in decision-making.



**SESSION 6: SOCIAL REGULATION**

Master relationship management and persuasive communication.



**SESSION 7: THREE AREAS OF CONFLICT**

Learn to navigate Me/Me, You/Me, and Me/Job conflicts.



**SESSION 8: SUPERIOR DECISION-MAKING**

Develop skills for high-performance decision-making.

### BENEFITS

- ✓ Improved self-awareness and communication skills.
- ✓ Enhanced team collaboration and conflict resolution.
- ✓ Tools for superior decision-making and leadership.
- ✓ Emotional intelligence strategies for personal and professional success.

### CONTACT US TODAY!

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