

# Communication Techniques

## Workshop/Retreat

# Objectives

- To develop an understanding of the challenges of adjustment
- To develop an awareness of positive interpersonal communication strategies
- To identify effective communication techniques

# Reunion

- Expectations

# Reunion

- Expectations
- Changes

# Reunion

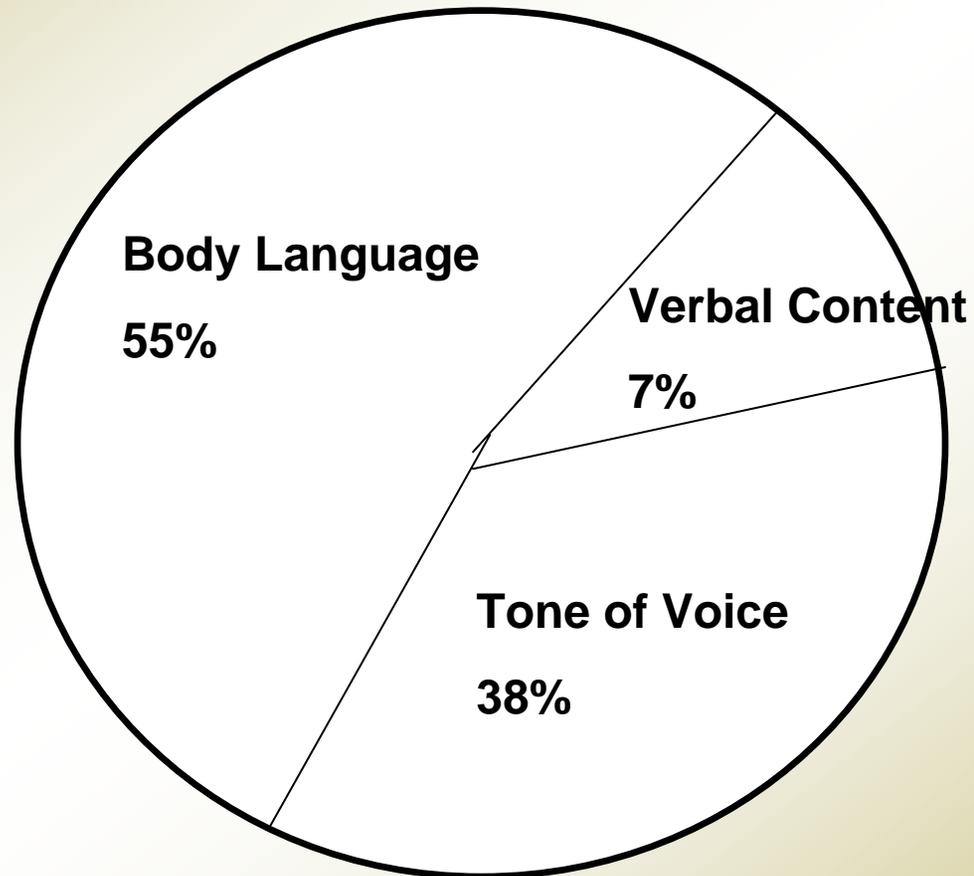
- Expectations
- Changes
- Renegotiation

# Making the Adjustment

- Importance of change
- Prioritizing change

# How Do People Communicate?

# Three Parts of a Message



# Communication Skills

- Tune in
- Listen
- Give feedback
- Respond

# Feedback

- Sending messages
- Receiving messages
- Responding

# Conclusion

- Recognize change
- Address change
- Communicate about change