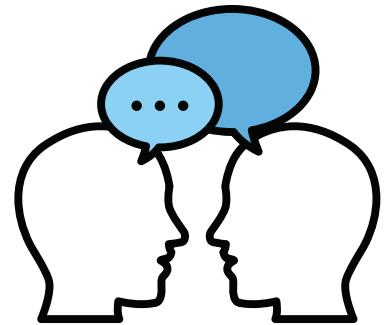


CONSTRUCTIVE CONVERSATION : THE PSYCHOLOGY OF EFFECTIVE COMMUNICATION

BY ELITE INDIGO



***Gain practical strategies you can apply
immediately to enhance your influence and build
stronger, more impactful connections within your
organization!***

 www.eliteindigo.com

 khenghuat.koay@gmail.com

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Constructive Conversation : Giving & Receiving Feedback

• Program Overview

Imagine you are counting down the awkward silence with new acquaintances not knowing how to build rapport and break the ice, people call you a social nerd.

You constantly have a hard time getting your message across, the more you talk, the more confusion your audience may have. You know you are missing a point here

Fear of saying the wrong thing, asking the wrong question, and giving wrong answer made you to be a silencer. You want to break yourself free from this identity

Above are symptoms of the 'speaking constipation' in the workplace. This impedes the progression of your career advancement and personal excellence.

We have a quick fix to get you out from where you are stuck.

Speak with **Clarity, Bravery, and Variety**

Clarity - speed connection with Rapport Building Skills. Powerful trust builder

Bravery - speak with Confidence with your body and voice. Fake it to Make it is the 1st Principle

Variety - scale your communication flexibility with versatility with all sorts of people, and the difficult people include

• Learning Objectives

After completing the workshop, participants will be able to:

- Learn to listen and take feedback from others
- Learn to effectively communicate your ideas and thoughts
- Learn how to manage your time in pressure situations
- Learn basic techniques golfers use to focus at a high level
- Learn to come out of your comfort zone

Duration 1 Full Day (8 Hours)



0830 - 1000	Getting Started <ul style="list-style-type: none"> • Program Mandatories • Introduction • Program Objectives & Outlines <i>Activity: Similarity & Uniqueness Breakaway</i>
1000-1045	Module 1: Build Confidence with Comfy-dence <ul style="list-style-type: none"> • Build Comfy-dance with Space, Stance, Posture, Hand Gesture, and Movement • Power of VOCAL VARIETY: Fake It till You Make It • Communication in Virtual Setting: How To Make Your Presence Felt <i>Activity: Mini Presentation with Personal Feedback</i>
1045-1100	Break
1100-1245	Module 2: Listen To Understand <ul style="list-style-type: none"> • Active Listening: Whole Body Listening with Intention • Set 4 Ears for different listening Intention: State Creation • Listening to the SAID and UNSAID • Impactful Listening in a Virtual Setting <i>Activity: Storytelling and Active Listening Exercise</i>
1245-1330	Lunch
1330-1500	Module 3: Constructive Feedback <ul style="list-style-type: none"> • What is Positive, Negative, and Constructive Feedback? • Making Negative Feedback Constructive: Sandwiches method • The Do and Don'ts: beware of the Choice of words, use the 3A Approach (Acknowledge – Appreciate - And) <i>Activity: Role Playing with Scenarios</i>
1500-1515	Break
1515-1630	Module 4: Ask Good Questions <ul style="list-style-type: none"> • What is Telling, Listening, and Asking Questions? • Type of questions to ask, or should not be asked • How to ask the RIGHT questions to get the EMPOWERING answers <i>Activity: Choudhary Maze Challenge Game</i>
END DAY ONE	





ABOUT ELITE INDIGO

We are dedicated to empowering businesses to achieve their full potential. With a team of seasoned professionals and a wealth of industry experience, we offer tailored consulting services to help organizations overcome challenges and seize opportunities.

WHY CHOOSE US?

98% Customer Satisfaction
based on Google Reviews



4.9 ★★★★★ 600 Google reviews

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claimable and no PO needed.

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Dive into the cutting-edge world of AI, exploring algorithms, data analysis and more.



TECHNICAL SKILL

Sharpen your technical prowess from programming, software and more.



SOFT SKILL

Develop essential interpersonal skills to excel in any professional setting.



LEADERSHIP SKILL

Unleash your leadership potential with our Leadership Skills course



TEAMBUILDING

Understand the dynamics of teamwork, communication, and synergy



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