

Friday, January 8, 2016
Meeting Time from 9:00 to 12:00
Paradee Building, Delaware



A Community of Trainers and Aspiring Trainers

COMMUNICATION IMPROVED AND MINDFULNESS AT WORK

HRMS will be making two presentations during our next general meeting!

Effective communication is essential not only for our professional life, but for our personal life as well. This interactive workshop focuses on non-verbal communication, active listening and barriers to effective communication. It explores how we can learn to effectively resolve conflicts more productively and prevent conflict from occurring, with a greater understanding of our conflict styles and methods of communication. In addition, this workshop reviews the principles and benefits of mindfulness. It includes activities to help participants learn how to apply helpful, stress-reducing practices in their daily lives, benefiting both the workplace and their home lives.

ABOUT THE PRESENTERS

hms

A HealthAdvocates Company

Specializing in EAP+Work/Life Solutions