

## Communicating with Awareness

### Course Overview

What we say and how others hear us can often be remarkably different. Learning how to bridge this language gap can mean the difference between relationships that are healthy, or misunderstandings that diminish our connections to others.

Being self aware of your tone, actions, words and energy, you can shift the way you hear people, as well as how they communicate with you. Awareness listening is the art of quieting your mind so that you can be fully present while interacting with another person. We have the ability to express without judgment, to listen without interruption and to be fully present in every conversation.

In this course we will help you forge closer professional and personal relationships by increasing your ability to communicate more clearly and listen with more awareness. This discovery of self awareness enables you to express your thoughts more concisely, listen more openly, hear more clearly and engage more fully in conversations.

### Expected Results

- Define Business Leaders For Tomorrow's Foundations and how they support responsible communications
- Explore the power of words
- Recognize barriers to responsible communication
- Identify the value of listening with awareness
- Explore and practice awareness listening skill set
- Increase your ability to be heard by others
- Create positive results by developing and implementing a 4-week Action Plan



**“A deeper level of  
Self-Awareness”**

**Register:**

1.800.546.1445 or  
info@trainleaders.com

**Course Length:**

▶ 1 Day  
(9:00AM-4:00PM)

**Average Class Size:**

8-15 participants

**Materials Included:**

- ▶ Participant Guide
- ▶ Action Planning Guide