



[View Full Course Details including Latest Schedule Online](#)

PHOENIX TS

Communication Strategies Training

Due to Covid-19 safety restrictions PhoenixTS will temporarily be unable to provide food to our students who attend class at our Training Center; however, our Break Areas are **currently open** where students will find a constant supply of Coffee, Tea and Water. Students may bring their own lunch and snacks to eat in our breakrooms or at their seat in the classroom or eat out at one of the many nearby restaurants.

Course Overview

Phoenix TS' 1 day Instructor-led Communication Strategies course teaches participants that their communication skills affect others. This training teaches participants how to identify common communication problems, develop skills to ask questions, learn non-verbal messages, active listening, and learn to handle difficult situations and assert themselves. After this course, participants will be equipped with the skills and tools to be more effective communicators within the federal workplace. Participants will:

- Identify common communication problems
- Develop skills to ask questions
- Learn non-verbal messages
- Develop skills for active listening
- Learn to handle difficult situations
- Assert oneself

Schedule

DATE	LOCATION	
8/30/22 - 8/30/22 (1 days) 8:30AM - 4:30PM	Tysons Corner, VA Open	Contact Us
9/13/22 - 9/13/22 (1 days) 8:30AM - 4:30PM	Live Online Open	Contact Us



DATE	LOCATION	
9/13/22 - 9/13/22 (1 days) 8:30AM - 4:30PM	Columbia, MD Open	Contact Us
10/11/22 - 10/11/22 (1 days) 8:30AM - 4:30PM	Tysons Corner, VA Open	Contact Us
10/18/22 - 10/18/22 (1 days) 8:30AM - 4:30PM	Live Online Open	Contact Us
10/18/22 - 10/18/22 (1 days) 8:30AM - 4:30PM	Columbia, MD Open	Contact Us
12/06/22 - 12/06/22 (1 days) 8:30AM - 4:30PM	Tysons Corner, VA Open	Contact Us
12/13/22 - 12/13/22 (1 days) 8:30AM - 4:30PM	Live Online Open	Contact Us
12/13/22 - 12/13/22 (1 days) 8:30AM - 4:30PM	Columbia, MD Open	Contact Us

Course Objectives

- Understand what communication is
- Identify ways that communication can happen
- Identify barriers to communication and how to overcome them
- Develop their non-verbal and paraverbal communication skills
- Use the STAR method to speak on the spot
- Listen actively and effectively
- Ask good questions
- Use appreciative inquiry as a communication tool
- Adeptly converse and network with others



- Identify and mitigate precipitating factors
- Establish common ground with others
- Use “I” messages

Course Outline

Module 1: Getting Started

- Introductions
- Learning Objectives
- Student Objectives

Module 2: The Big Picture

- What is Communication?
- How Do We Communicate?
- Other Factors in Communication

Module 3: Understanding Communication Barriers

- An Overview of Common Barriers
- Language Barriers
- Cultural Barriers
- Differences in Time and Place

Module 4: Paraverbal Communication Skills

- The Power of Pitch
- The Truth about Tone
- The Strength of Speed

Module 5: Non-Verbal Communication

- Understanding the Mehrabian Study
- All About Body Language
- Interpreting Gestures

Module 6: Speaking Like a STAR

- S=Situation
- T=Task
- A=Action
- R=Result



Module 7: Listening Skills

- Seven Ways to Listen Better Today
- Understanding Active Listening
- Sending Good Signals to Others

Module 8: Asking Good Questions

- Open Questions
- Closed Questions
- Probing Questions

Module 9: Appreciative Inquiry

- The Purpose of AI
- The Four Stages

Module 10: Mastering the Art of Conversation

- Level One: Discussing General Topics
- Level Two: Sharing Ideas and Perspectives
- Level Three: Sharing Personal Experiences
- Our Top Networking Tips

Module 11: Advanced Communication Skills

- Understanding Precipitating Factors
- Establishing Common Ground
- Using "I" Messages

Module 12: Wrap Up

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Starting at **\$1,495**

ATTENTION

For GSA pricing or Contractor quotes call
[240.667.7757](tel:240.667.7757)

GSA



Price Match Guarantee

We'll match any competitor's price quote. Call us at 240-667-7757.

Included in this **Communication Strategies Training**

- 2 days instructor-led training
- Communication Strategies Training training book
- Notepad, pen and highlighter
- Variety of bagels, fruits, doughnuts and cereal available at the start of class*
- Tea, coffee and soda available throughout the day*
- Freshly baked cookies every afternoon*