

## **Emotionally Balanced Communication**

*Strengthen your communication skills*

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### **Content**

During this training the most important social skills are discussed. Through exercise and practice, you will learn how communication works in practice, which communication mechanisms exist, the importance of emotions and how to deal with them. You will get an insight into your own communication style, the role of personality within communication, the difference between assertive and aggressive communication styles, communication skills such as asking open questions, listening, getting more information, how to handle feedback, etc.

This training is a two-day interactive training. During the course of these two days you will practice various communication skills in small groups. You will receive some intermediary assignments to make sure you can apply the different models/ techniques in your day-to-day practice.

### **Target group**

Postdoctoral researchers of the University of Antwerp

### **Planning & location**

September 7, 2023 (09h-17h), Stadscampus, room to be confirmed

September 21, 2023 (09h-17h), Stadscampus, room to be confirmed

### **Trainer**

Hanneke Kennes from [Evermind](#) is an experienced trainer with extensive knowledge of transferable skills and this in very diverse organisations and with a multitude of target audiences.

### **How to subscribe?**

You can use [this link](#), upon approval of your supervisor (max. 10 participants).

We look forward to meeting you!

Talent Center

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