

TWO DAY WORKSHOP

on

Communications Skills

by

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on

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About the Programme:

The resource person said that good Communication skills are very essential is important. Communication can be verbal or non-verbal. To make our communication effective, one has to improve LSRW skills. Communication Skills involve active listening which means paying close attention to the speaker. For effective speaking, one must adapt communication style like being friendly, clearly audible, confident, giving and receiving feedback. They help in forming healthy relationships with others. Whether speaking or listening, eye contact always interests the audience and makes them attentive listeners. Gestures, postures, facial expressions and animated tone constitute body language.



“Communication leads to community, that is, to understanding, intimacy and mutual valuing”

Rollo May