

# The Art of EFFECTIVE COMMUNICATION



Wednesday, March 6th, 2024

10:00am – 12:00pm

Somerset County  
Library System

Speaker: Jan Goodman  
Community Outreach  
Specialist / Career Coach

Greater Raritan One Stop Career  
Training Services Center

*"Communication is two-sided – vital and profound communication makes demands on those who are to receive it... demands in the sense of concentration of genuine effort to receive what is being communicated."*

— Roger Sessions

## Points of Discussion:

- Self-Assessments
- Looking at different personality types
- Identifying your Myers Briggs Personality Types
- Defining filters
- Encoding, decoding and sending messages
- Culture
- Gender
- Active listening
- Paraphrasing statements
- Nonverbal messages
- Handling Conflict
- Being assertive, not aggressive
- Communication preferences
- Communication models

## How You Will Benefit:

- Understand a working definition of communication.
- Review communication models and their key elements.
- Apply Myers Briggs personality assessments to develop effective communication skills.
- Investigate different styles of communicating.
- Learn how tolerance for disagreement affects effective communication.
- Identify common communication filters.
- Learn new tools for effective communication.

Please note this is a virtual workshop via Zoom.

To register: <https://bit.ly/3RYNlif>

To attend this workshop, please click on the link below:

<https://bit.ly/3GUZa2y>