



UAE | Germany | Qatar | Ghana

INTERPERSONAL SKILLS

**Connect Authentically. Communicate Effectively.
Strengthen Relationships.**



Interpersonal Skills

In every workplace and every relationship, how we connect with others determines the quality of our collaboration, communication, and overall success. Interpersonal skills are not just "soft skills"—they are essential tools for building trust, navigating challenges, and fostering a positive and productive environment.

This Interpersonal Skills training provides participants with the awareness and techniques to enhance the way they relate to colleagues, clients, and teams. Through practical tools, real-world scenarios, and emotional intelligence strategies, participants will learn how to listen, express, empathize, and resolve with confidence and care.

Objectives / Learning Outcomes:



By the end of this training, participants will be able to:

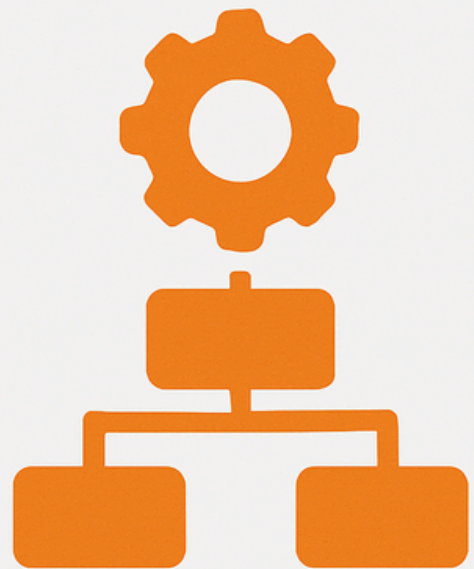
- Develop greater self-awareness in how they relate to others
- Communicate more clearly, respectfully, and confidently
- Listen actively and respond with empathy
- Give and receive feedback constructively
- Manage difficult conversations and interpersonal tension
- Build rapport and trust across roles and cultures
- Strengthen collaboration through emotional intelligence

Course Outline / Key Topics:



- The Role of Interpersonal Skills in Professional Success
- Self-Awareness and Emotional Triggers in Communication
- Listening vs. Hearing: The Power of Presence
- Body Language, Tone, and Non-Verbal Cues
- Assertiveness and Respectful Boundaries
- Conflict Styles and How to Work Through Disagreements
- Empathy, Validation, and Connection
- Building Rapport Across Personality Types
- Interpersonal Dynamics in Remote and Hybrid Teams

Methodology



- Interactive group exercises and role plays
- Personal reflection and self-assessments
- Peer feedback and communication practice
- NLP and emotional intelligence techniques
- Real-world simulations and communication games
- Case studies and facilitated group discussion

Who should attend



- Employees and teams at any level
- Customer-facing professionals
- Project managers, team leads, and coordinators
- Anyone seeking to improve workplace and personal relationships

Duration Options



- 1-Day Essentials Workshop
- 2-3 Day Deep Dive (With Role Plays & Feedback Sessions)
- Modular Delivery for Team or Departmental Development

Some of our Clients





Let's Build Together



Phone:

UAE: +971 56 3554982
Germany: +49 8031 2200456
Qatar: +974 50 586098
Ghana: +233 5324 425 98



Email:

Info@mindyourpower.org



**Follow us on our
Social Media Platforms :**



Website :

www.mindyourpower.org
www.mindyourpoweracademy.com

