

# Trainings & Workshops

## **When learning is tailored to practical needs, learnings can be immediately applied in practice.**

Therefore, our trainings and workshops put special emphasis on current situations of the participants' daily business and private lives.

We offer interactive sessions that contain a good mix of theory input, role plays and reflection with the objective to achieve practical solutions.

Our customers have different needs and we are flexible and happy to adjust our training accordingly (e.g. content- or duration-wise). All our trainings and workshops can be held in English or German.

Currently, we have the following programs available:



## **„Communication skills- and how communication can be different“**

Human beings communicate with each other. They hear a message and understand it differently from how it was meant. Misunderstanding breeds further misunderstanding. Unfavorable communication patterns have a negative impact on relationships at work and in private life.

In this course we demonstrate what communication skills mean in practice and how you can embrace these skills effectively.

We will cover the following aspects:

- what communication skills mean
- why strong communication skills are essential for leading and working with people
- which elements of the communication skills portfolio you already have and how you develop them further
- how you communicate your interests in a respectful and appreciative way and at the same time further strengthen the relationship and
- how you communicate even better to foster mutual understanding.

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## **“Conflicts happen. But what if solutions don’t?”**

Sometimes conflicts seem to be everywhere. And solutions sometimes seem impossible- or at least require a lot of patience. And still: They do exist.

In this course we will help you determine how to approach challenging situations and conflicts going forward.

We will cover the following aspects:

- how conflicts arise and what are the positives of a conflict
- what are your patterns for dealing with conflicts
- how to maintain a positive and appreciative attitude in difficult situations
- how to effectively prepare yourself for upcoming challenging moments and conversations and
- how to turn around an unpleasant relationship.

**Noch nichts Passendes dabei? Bitte sprechen Sie uns an. Zusätzliche Konzepte sind im Aufbau.**

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Contact us

We thank you for your interest and look forward to meeting you. For initial information or further information, please contact us by telephone at **+49 157 88244564** or via mail to **[info@transparentia.com](mailto:info@transparentia.com)**.