



International Communication Consultancy
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Workshop: Empowerment and Self-Development:
Effective Communication in the Scientific Arena

Approach: This workshop has been developed to increase the communication awareness and effectiveness of junior scientists for a range of everyday communication challenges typically encountered, e.g. explaining problems and progress with their research project, outlining research priorities and future direction, communicating proactively with peers and supervisors, interacting constructively in meetings or Q.& A. sessions or responding to and giving criticism.

Based on the essentials of effective communication and (gender-specific) non verbal and verbal motivations behind communication, we will review the participants' communication approaches and focus on what can be optimized to be better heard and understood.

To facilitate the skills development and building process, the workshop is highly practice-oriented, interactive and draws on real life scenarios in the scientific arena. Individual case histories will be addressed and the participants will be coached on how they could apply and implement workable communication tools. The trainer's aim is to enable participants to master communication challenges independently, competently and self- confidently.

Target Group: Ideal for junior scientists wanting to optimize their communication skills.

Workshop content: Defining effective communication
Getting aware of individual communication styles
Reviewing individual communication patterns
Detecting (gender-specific) communication patterns
Getting your message across
Monitoring your body language and other non-verbal signals
Being assertive and using appropriate speech functions
Listening actively and asking appropriate questions
Communicating proactively in meetings and discussions
Managing conflicts
Processing and delivering critical comments
Identifying and correcting weak communication
Applying effective communication strategies