



ST. CLOUD STATE UNIVERSITY

NAVIGATING COMMUNICATION STYLES AT WORK

Course Description:

Effective communication is a must-have skill for anyone working in a professional setting. This interactive session introduces participants to the various communication styles, explores how these styles impact workplace interactions, and offers practical techniques for adapting communication to enhance professionalism, reduce conflict, and build stronger relationships.

Course Length: 2 Hours	Instructor: Marshall Meier
Individuals: \$124.99	
Groups of 4 or more: \$89.99 per person	

Learning Outcomes:

- Identify the four primary communication styles:
 - Passive, Aggressive, Passive-Aggressive, and Assertive.
- Recognize your own default communication style and its strengths and limitations.
- Analyze how communication styles affect professional relationships and public interactions.
- Practice adapting communication techniques to match various work scenarios and audiences.
- Apply strategies for assertive communication to resolve conflicts and enhance clarity.

Ready to take the next step?

Contact **Professional and Continuing Education** Today!

Phone: 320-308-6100	Email: Kassidi.Andres@stcloudstate.edu
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