

Interpersonal & Communication Skills

Topics covered

- Fundamental of Industrial psychology
- Self-motivation
- SMART goals
- Importance of communication
- Types of communication
- Communication game
- communication delink and effects, methods to follow for effective communication and practice, body language.
- IPR—self, group & one to one. exercise(like most & dislike most)
- Ego states, life positions(JW)
- Power of listening, barriers if IPR