

## ∞ What is CORE COMMUNICATION?

It is an easy-to-learn program, originally developed at The University of Minnesota, which teaches you 11 communication skills for talking, listening, making decisions, and resolving conflicts effectively.



## ∞ Who is CORE COMMUNICATION for?

The program is for anyone who believes that good communication skills are important in life for personal and professional success.

## ∞ Contents of the Program - You Learn:

- The Styles of Communication Map to recognize ineffective and effective ways of talking and listening.
- 6 Talking skills based on the Awareness Wheel Map of your experience to express yourself clearly and appropriately.
- 5 Listening skills from the Listening Cycle Map for tuning in accurately to other's perspectives.
- Ways to stay skilled while engaging others, even in challenging interpersonal situations.
- The Mapping-An-Issue Process that combines the 11 skills for making decisions and resolving conflicts.

## ∞ You Choose:

You choose the issues you discuss when practicing skills.

## ∞ Through This Program, You Can Expect to:

- Develop confidence that you can communicate effectively in any situation.
- Create faster, better resolutions to conflicts.
- Increase your personal power and influence.
- Choose specific approaches for handling difficult conversations.
- Reduce interpersonal tension and stress.



## ∞ Program Materials

You receive a "CORE Pac" of materials that contains the workbook and other learning tools.

## ∞ My Agreement:

I realize that to benefit from the program, it is important to:

- Attend all sessions.
- Practice my new skills.

I want to participate in CORE COMMUNICATION.

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Signature

### Instructor Contact Information:

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