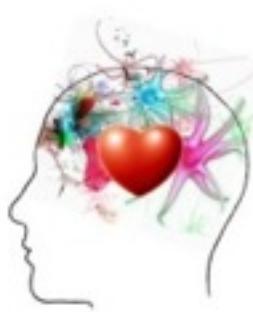


Social and personal communication coaching



Towards better pragmatic and social skills

The capacity to communicate about or through emotions and the understanding of implicit social skills are not innate.

We are not equal and personal work may be needed in this area. We can help you in this process.



WHAT IS PERSONAL COMMUNICATION ?

Personal communication is an emotion-based communication, a clever mix of verbal and non-verbal elements which allow to put on par a situation and your relational exchange capacities. These elements (vocabulary, emotion analysis and management, listening, body language...) are innate and taught.



Recognise one's emotion and that of others

The combination of our cognitive and behavioural pragmatic skills are the underlining structure of our emotion-based communication skills and represent a large part of our social skills. Coaching is a very efficient tool to improve these capacities and skills.

WHAT IS SOCIAL COMMUNICATION?

Social communication is all that is implicit or not expressed. The environment, situation, context, intention, body language, facial expression etc, are all elements that we need to identify, recognise and understand. With the added skill of listening, other perspectives open up and efficient communication is possible.



Empathy or understanding the other's perspective

Social norms, behavioural codes, signals and non-verbal clues are within the subjects to be mastered in order to conquer the implicit and enhance emotion-based communication skills.

Social and personal communication coaching

COACHING PROGRAMME

All our coaching programmes are made to measure and vary according to profiles.

Your request is studied, the goals defined and your profile validated before the co-elaboration of your coaching programme.

Here is a selection of frequently addressed subjects :

Social skills

Evaluation of verbal and non-verbal communication, decoding and use of implicit communication

Behavioural pragmatic skills

Behavioural analysis of personal communication skills : turn taking, topic initiation, visual contact...

Cognitive pragmatic skills

Cognitive analysis of personal communication skills : intention, perspective, social awareness, figurative language, tolerance, filters...

Non verbal communication

Self analysis : posture, gestures, listening skills, body language, facial expression...

Analysis of other : posture, gestures, listening skills, body language, facial expression...



Empathy

Your capacity to read others, detect signals and cues, understand perspective

Active listening

Rediscover how to listen to others.

Systemic relations

Coherence with the communication needs and styles of the people around you

The number of sessions and their length varies according to the individual and his/her request.

We want to share our tools so you can realise your project and reach your goals.