

C-me Communication and Conflict Workshop Overview

Who is this workshop for?

This workshop equips participants with practical communication strategies to boost team performance and confidently navigate challenging conversations—diffusing tension quickly and restoring productive, collaborative working relationships.

What are the benefits of this workshop?

- Develop ways of communicating effectively, creating clarity, building trust and improving performance
- Learn practical solutions to reduce, and manage tension
- Gain a shared language for navigating differences and avoiding misunderstandings
- Practise adapting to different communication styles and behavioural preferences
- Use a clear framework to give and receive constructive feedback
- Be able to handle difficult conversations more easily

Additional workshops available ...

- Stress and resilience
- Team cohesion
- Leadership development
- Influencing with impact
- Change management

