

Mental Health, Psychiatry and Wellbeing

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WORKSHOP | DAY 1

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Connecting with others on a meaningful level through clear communication skills

Think about it for a moment. We're constantly in charge of "marketing" ourselves. Whether it's to friends, colleagues, students, patients, clients, family members, or strangers in the grocery store, it's up to us to present ourselves as the people we think we are—or perhaps, as the people, we aspire to be. It's essential that we possess excellent communication skills if we intend to be heard and understood. How? Through crystal-clear transmission channels of speaking and listening. Through body language that matches your words. Through learnable techniques that allow you to come across more accurately, powerfully, positively, and assertively. In this workshop, we will take a self-exploratory journey together, in which we'll

examine in detail our seven communication components: facial expression, eye contact, posture, use of hands, voice tone, voice loudness, and verbal content. You'll learn techniques for making each component stand out as a personal asset you can be proud of—and one that will make you a clearer, more confident communicator, whether you're working with patients or clients, visiting with co-workers, hanging out with friends, chatting with family, or meeting someone for the very first time. Denise's workshops are always informative, positive, and — dare we say it — fun!

Biography

Denise M. Dudley is a professional trainer and keynote speaker, author, business consultant, and founder and former CEO of SkillPath Seminars, the largest public training company in the world, which provides 18,000 seminars per year, and has trained over 12 million people in the US, Canada, South Africa, Australia, New Zealand and the UK. He holds a Ph.D. in behavioral psychology, a hospital administrator's license, a preceptor for an administrators-in-training license, and is licensed to provide training to medical professionals in the United States and Canada. He is the former



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Clinical Director of Crestwood Hospitals, California's largest corporation of long-term psychiatric facilities. She's also a certified AIDS educator, a licensed field therapist for individuals with agoraphobia, a regularly featured speaker on the campuses of many universities across the US, and the author of Simon and Schuster's best-selling audio series, "Making Relationships Last." He speaks all over the world on a variety of topics, including management and supervision skills, leadership, assertiveness, communication, personal relationships, interviewing skills, and career readiness. His latest book, "Work it! Get in, Get noticed, Get promoted," is currently available on Amazon.com, and is receiving all 5-star customer reviews.

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