

Free online course for UNISON East Midlands members

# Effective Communication

**1 & 8 November. 1.30 - 4.30**

**via Zoom**

**This course runs over two afternoons and looks at:**

- awareness of our present communication styles**
- the skills needed in order to listen, respond and reflect effectively**
- body language and its relevance in communication**



**To apply please email [LMD@unison.co.uk](mailto:LMD@unison.co.uk) stating: Your name, membership number (or home address), course title, details of any facilitation needs, and an email address and contact number to be shared with the course provider**