

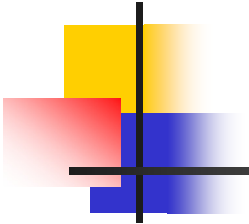


Principles of Effective Communication

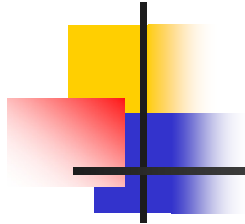
Peaceful Families – Peaceful Lives

By

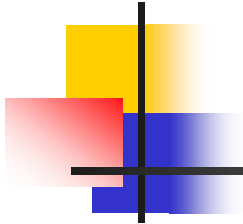
Dr. Mohammed Sadiq



A Father receives a call from his son's school while he is busy working in his office early in the morning. The principal informs him that his son has been skipping school and that he has not been in any of his classes today.



Your daughter comes to you and says:
“Everyone in my class is going on this field trip. Only I am not allowed to go with them. I am not allowed to go anywhere except with you guys to your stupid parties. Why do you even send me to school?”

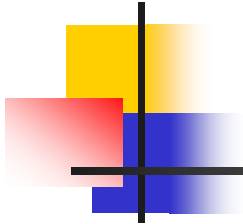


- Do you react or respond appropriately to such situations in your life?
- The way you react or respond to these situations may either make or break your relationships with your loved ones.

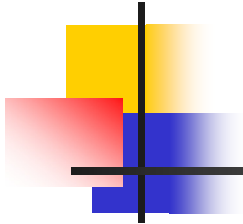


Communication

- Is exchange of information – thoughts and feelings
- May be Verbal, Non-verbal, or Written
- Is the most essential tool in establishing human relationship
- Effective communication leads to:
 - Meaningful and healthy relationships
 - Better Conflict Resolution
 - Peaceful Co-existence
 - Supportive Environment



- This workshop is designed to assist the participants identify communications blocks and barriers in their lives and their consequences.
- It teaches how to break down these barriers, and develop effective communications skills.



For further details and making arrangements to have this Workshop delivered in your community, please send an e-mail to workshops@shifa.ca