

INTERPERSONAL SKILLS

Getting along with others may not be as easy as it seems but it is a necessary skill to succeed in life, whether at the work or social level. The interpersonal skills course is about knowing who we are and how we can apply EQ skills to our daily interaction with people. It helps us to be more aware of how we communicate with others and at the same time, understand how others communicate with us.

Our Objectives

We aim to provide you with tips to

- be more aware of who we are and how we use our emotions
- understand the 5 EQ skills
- apply our EQ ability in communication with others

Your Profile

This course is suitable for both young and old who are keen to further hone their EQ skills in order to improve interpersonal relationships in their lives.

Your Results

At the end of this course, you should be able to:

- Understand what makes communication effective
- Understand how EQ enhances communication
- Apply your EQ and communication skills to build meaningful relationships

Our Methods

There will be plenty of hands on activities such as class discussions and role plays to make this course an enjoyable learning experience.

Our Trainers

Our trainers are all qualified and highly experienced lecturers from Singapore Polytechnic.

Please note that we only specialise in customising courses for organisations; public courses for individuals are not available.

**SINGAPORE POLYTECHNIC
BUSINESS COMMUNICATION CENTRE**

Course Enquiry

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