The Art of
EFFECTIVE
COMMUNICATION

Wednesday, May 6th, 2020
7:00pm – 9:00pm
Jewish Family Service
of Somerset, Hunterdon
and Warren Counties

This meeting has been changed to a
virtual format via Zoom.
You must have Zoom loaded on your
computer to participate.

“Communication is two-sided – vital
and profound communication makes
demands on those who are to receive
it... demands in the sense of
concentration of genuine effort to
receive what is being communicated.”
– Roger Sessions

Points of Discussion:
• Self-Assessments
• Looking at different
  personality types
• Identifying your Myers
  Briggs Personality Types
• Defining filters
• Encoding, decoding and
  sending messages
• Culture
• Gender
• Active listening
• Paraphrasing statements
• Nonverbal messages
• Handling conflict
• Being assertive, not
  aggressive
• Communication preferences
• Communication models

How You Will Benefit:
• Understand a working
definition of communication.
• Review communication
  models and their
  key elements.
• Apply Myers Briggs
  personality assessments to
develop effective
  communication skills.
• Investigate different styles of
  communicating.
• Learn how tolerance for
  disagreement affects
effective communication.
• Identify common
  communication filters.
• Learn new tools for effective
  communication.

Pre-registration is required to receive Zoom invitation
Call Elise Prezant at: (908) 725-7799 Ext. 108
or email: eprezant@JewishFamilySvc.org

This program is in partnership with the
Greater Raritan One-Stop Training Center