

# communication skills

**Location:** Aberdare

**Duration:** 1/2 Day

## **Content**

- How to communicate
- Why we communicate
- Barriers to good communication
- Assertiveness
- Dealing with anger
- Dealing with Stress

**Cost:** £60 per person plus vat  
Group Discount Available

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The logo for Dare Training Ltd features the word 'Dare' in a large, green, serif font with a small bird icon above the letter 'a'. Below 'Dare' is the word 'Training Ltd' in a smaller, green, sans-serif font. Underneath this, the tagline 'Learning for Life' is written in a small, grey, sans-serif font, followed by its Welsh equivalent 'Dysgu Gydaol Oes'.

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