

A photograph of a man and a woman in conversation. The man, on the left, is bald with a grey beard and glasses on his head, wearing a black shirt. The woman, on the right, has brown hair and is wearing a colorful patterned top. They are in a bright room with large windows in the background. Other people are visible in the background, slightly out of focus.

Mannaz Training Course

Communication and Dialogue

Learn to communicate more effectively and attentively

- 📅 2 days | 1 module
- 📍 Copenhagen & Aarhus
- 🗨️ English
- 🏷️ 12.999 kr. (ekskl. moms)
- 👍 4.4/5.0 satisfaction

Mannaz

COMMUNICATION AND DIALOGUE

Who exactly decides what you say?

When you communicate well with others, you don't think about it. However, you can always tell when it doesn't go well. Perhaps you sometimes get frustrated that others misunderstand you when you communicate. If that's the case, it's worth remembering that it's not what you say that decides the message – it's what your recipient hears and sees you communicate.

On this intensive two-day course you will learn how to practise effective communication and attentive dialogue. You will become better at communicating through “the right channel” and having contact-creating behaviours that are inclusive rather than exclusive.

Participant Profile

Anyone who wants to clarify and understand their communication. You know that your communication is not always perceived the way you want it to be, but maybe you don't know exactly what can be improved.

You'll benefit from this course, regardless of your professional background, area of responsibility, or organisational position.

On the course, you'll meet different people with different backgrounds. This will help give you a better understanding and tolerance of others.

Programme structure and content

This course is held over 2 consecutive days.

During this course, you will be working on:

- 🕒 Communication theories
- 🕒 Training yourself in having a dialogue
- 🕒 Questioning techniques
- 🕒 Gaining a more in-depth knowledge of your communication skills

Course structure:

- 🕒 Close integration of theory and practice to explore everyday communication challenges
- 🕒 Focus on applying new insights directly to your work through reflection and real-life practice
- 🕒 Active development of communication skills and understanding of the link between content and process
- 🕒 Introduction to key theories on daily communication and presentation, with an experience-oriented approach
- 🕒 Emphasis on learning by doing: “Good theory only works when lived”
- 🕒 Varied learning methods: demos, exercises, creative tasks, walk-and-talks, and group work
- 🕒 Group used as a reflective team for cases, practice, support, and feedback
- 🕒 Short pre-course questionnaire to prepare for the training

What's included in the price?

- 🕒 2 course days
- 🕒 All meals
- 🕒 Course materials
- 🕒 Intimate course with a max of 12 participants
- 🕒 Course certificate

[READ MORE AND SIGN UP HERE](#)

Manna2

Why take this course?

When you participate in this course, you will not only gain personal skills but also skills that your company or organisation can greatly benefit from.

Your personal benefits

- 🕒 Gaining greater impact and learning to communicate so that others understand your message
- 🕒 Learning to manage a dialogue and move it in the direction you want
- 🕒 Learning to tackle resistance during a dialogue
- 🕒 Tailoring your communication to the situation
- 🕒 Gaining an insight into your behaviour and understanding the psychological mechanisms of your communication

Benefits for you organisation

- 🕒 Clear external and internal communication
- 🕒 Communication that is adjusted according to the purpose
- 🕒 Better handling of difficult dialogues

Do you have any questions?

You are always welcome to contact us to get a consultation on which course is right for you and your needs.

Lotte Foged Lindström

Senior Product Manager

lfo@mannaz.com | +45 4517 6235



Host the course for your employees only

With an in-house programme, you can choose any course from our broad portfolio. We will conduct the course for your employees only – adapted to your specific needs, wishes, and business goals.

Contact **Mariann Illum Vendler**, Relation Manager: miv@mannaz.com | +45 4517 6189

Mannaz