



Social Effectiveness For Newcomers

Practical tips on interpersonal skill that protects one's rights while respecting others. The most effective approach to achieve our goals in social interaction.

Session 1

- Improving Self-confidence
- Dealing with difficult situations

Session 2

- Effective communication
- Structure of communication

Session 3

- Communication mirco-skills to navigate challenging interpersonal situations .

Session 4

- Socially effective, understand who we are.
- Self-reflections



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TBD



ZOOM Virtual Meeting

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