Mastering Interpersonal Communication: A 1-Week Intensive

29 March – 2 April 2027
Brussels (Belgium)



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Why This Course

Effective interpersonal communication is a cornerstone of both personal and professional success. The ability to express ideas clearly, listen actively, and manage conversations with empathy and confidence strengthens relationships, improves collaboration, and enhances leadership effectiveness.

This intensive 1-week program is designed to help participants develop advanced interpersonal communication skills that can be applied in a variety of contexts. Through interactive exercises, discussions, and real-world scenarios, participants will learn how to communicate more effectively, resolve conflicts constructively, and build stronger professional and personal relationships.

What You'll Learn and Practice

By participating in this program, you will:

- Analyze and improve verbal and nonverbal communication techniques.
- Develop active listening skills that encourage understanding and empathy.
- Apply assertiveness and conflict resolution strategies effectively.
- Strengthen relationship-building skills in professional and personal environments.
- Adapt communication styles to suit diverse audiences and cultural contexts.
- Enhance emotional intelligence to improve communication outcomes.

The Program Flow

Day 1: Foundations of Interpersonal Communication

- Understanding key communication theories and models.
- Exploring self-concept and perception in communication.
- Applying effective verbal communication techniques.
- Interpreting and using nonverbal communication cues.

Day 2: Active Listening and Empathy

- Practicing active listening skills.
- Responding with empathy and emotional awareness.
- Applying perception-checking techniques.
- Using paraphrasing and summarizing to improve understanding.



Day 3: Assertiveness and Conflict Management

- Understanding assertive communication styles.
- Applying structured conflict resolution strategies.
- Developing negotiation skills for constructive outcomes.
- Managing difficult conversations with confidence.

Day 4: Building and Maintaining Relationships

- Understanding the stages of relationship development.
- Applying techniques for building trust and credibility.
- Recognizing cultural and gender influences in communication.
- Strengthening professional networking skills.

Day 5: Advanced Communication Strategies

- Adapting communication approaches for different contexts.
- Understanding mediated and digital communication practices.
- Applying emotional intelligence in communication situations.
- Practicing real-world communication scenarios.

Individual Impact

- Improve confidence when expressing ideas and opinions.
- Strengthen listening and empathy skills.
- Enhance the ability to handle difficult conversations.
- Build stronger and more meaningful relationships.

Work Impact

- Improve teamwork and collaboration across departments.
- Strengthen conflict resolution and problem-solving capabilities.
- Enhance communication with clients, colleagues, and stakeholders.
- Support more effective leadership and team engagement.

Training Methodology

The program combines theory with practical exercises to ensure meaningful learning outcomes. Learning methods include:

- Interactive workshops and guided discussions.
- Role-playing exercises and communication simulations.
- Case studies based on real interpersonal challenges.
- Self-assessments and reflective activities.
- Practical frameworks and communication tools.



Beyond the Course

By the end of the program, participants will be able to:

- Communicate ideas clearly and confidently in diverse situations.
- Resolve conflicts and manage conversations constructively.
- Build stronger professional and personal relationships.
- Apply advanced communication skills to support collaboration and leadership effectiveness.

