

EFFECTIVE COMMUNICATION

THE CORNERSTONE OF EVERY HEALTHY RELATIONSHIP



ACTIVE LISTENING

It involves fully concentrating, understanding, responding, and remembering what is being said. This practice fosters trust, empathy, and effective communication. By truly hearing each other, you build stronger, more meaningful connections.

NON-VERBAL LANGUAGE

Non-verbal language is the cornerstone of every healthy relationship. Gestures, facial expressions, and body language enhance communication, build trust, and foster deeper connections by conveying empathy and understanding beyond words.



ASSERTIVENESS

Assertiveness is the cornerstone of every healthy relationship. Clearly expressing your needs and boundaries while respecting others fosters mutual respect, trust, and effective communication, strengthening connections and promoting harmony.

TIPS

Top tips for effective communication: listen actively, maintain eye contact, use clear and concise language, show empathy, and provide constructive feedback.

These strategies enhance understanding and strengthen relationships.



I CAN!
EDUCATION

