

# **Effective Communication**

## **A MindSculpt Class for**

### **Guahan Academy Charter School**

#### **Friday, September 2nd - 7:30 AM ChST**

Do you sometimes struggle with navigating different conflicts and personalities? This therapist-led class will provide skills & background knowledge to help you communicate more effectively in your interactions.

Join our licensed therapist & team members as we:

- Explore different communication styles
- Identify common discussion roadblocks
- Explore effective solutions to those roadblocks
- Participate in skill building to practice navigating communication dynamics with clarity

Join this collaborative & engaging team event to begin to make positive steps with your communication skills.

**No Registration Required**  
**RSVP to the team calendar invite.**