

Effective Communication

Friday, September 11th - 8:45 AM ChST
A MindSculpt Class for



Do you struggle with navigating different conflicts & personalities? This therapist-led class will provide new skills along with needed psycho-education to help you communicate & navigate your relationships effectively.

Join our licensed therapist & team members as we:

- Explore each distinct communication type,
- Identify the common “four horsemen” roadblocks,
- Explore effective antidotes to those roadblocks,
- Participate in skill-building exercises through team scenarios and “I” Statement utilization

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.



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