

LET'S NOT JUST SURVIVE,  
LET'S **THRIVE** TOGETHER.

# WELLNESS WEDNESDAY WEBINARS

**PRESENTER**

Latisha Lister-Burgess

**WHEN**

12PM – 1PM

**TO REGISTER**

Email [info@eap.bm](mailto:info@eap.bm)

**WEDNESDAY, APRIL 22, 2020**

**“EFFECTIVE COMMUNICATION SKILLS”**

During this time of working from home, there is the potential for more miscommunication. Without face-to-face interaction, our tone or phrasing can either provide clarity or cause unintended conflict. Even in our home environments, we may be together more, but we may not know how to communicate in effective ways with one another.

This webinar will discuss active listening skills, common communication barriers, and how to give constructive criticism effectively.



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