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Communication is more than just speaking.

Oftentimes, our first thought about communicating with those around us involves getting prepared to “speak our mind”. It’s easy to lose sight of the fact that effectively listening to others as a first step is usually the most productive way of inviting cooperative, solution focused dialogue. Listening skills are essential ingredients to any healthy, respectful relationship.

If you have questions about how to improve your communication skills either at home or at work, your employee assistance program can help.

Your Employee Assistance Program is provided by The Sand Creek Group, Ltd.



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