



Getting Started with Communication

by Essential Skills

It's important to pause and reflect before diving into our first challenge. Because you're constantly sending and receiving messages, you may have never stopped to think about your communication style and exactly how communication works.



THINK ABOUT IT

What do you see as your current strengths and opportunities for growth?

What does an effective communicator look like to you?

Why is communication an essential skill at work and in your personal life?

Get ready to see how understanding and connecting to the people in your world and workplace will help you communicate your way to success!