

Mastering Communication & Networking for Career Advancement

Unlocking Tools for Career Success

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Greeting and Check-In

- 👉 Welcome! How are you feeling today?
- 👉 Meet Priya Amulraj
- 👉 Let's set our intention for the session NOW!

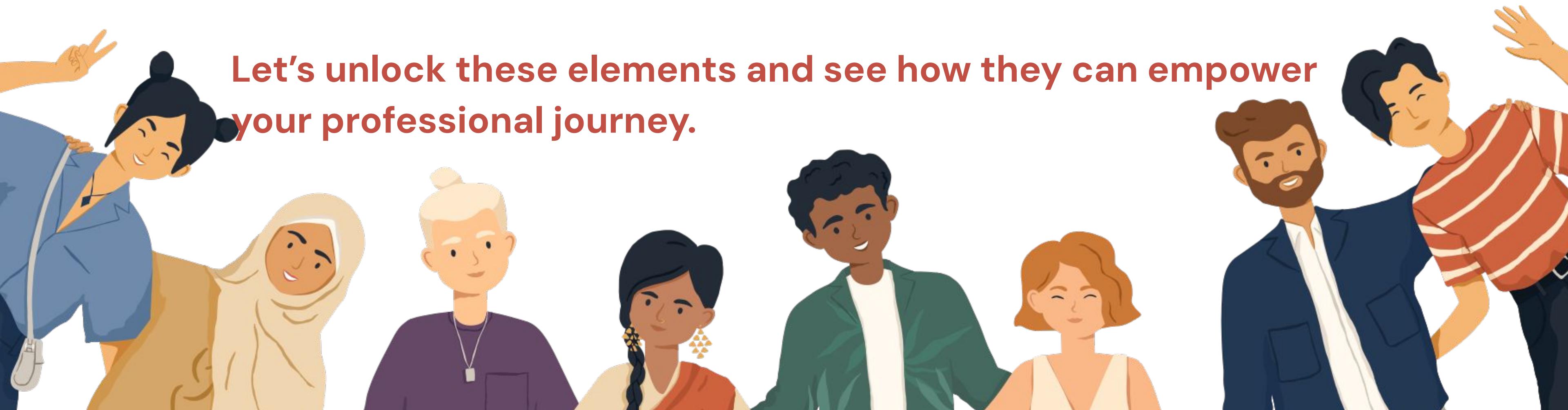


Overview

What We'll Cover Today:

- Understanding and Overcoming Communication Barriers
- Developing Effective Communication Skills
- Implementing Strategic Networking Techniques

Let's unlock these elements and see how they can empower your professional journey.



Understanding Communication Barriers

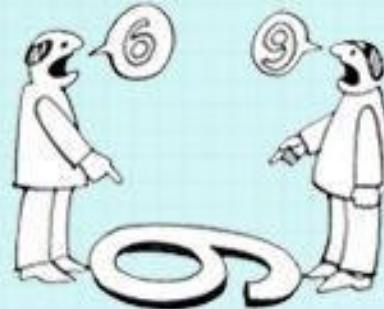


Communication barriers are any factors that prevent us from effectively exchanging and understanding messages.

They can be physical, cultural, linguistic, or emotional, technological and can occur within or between individuals, groups or organizations.

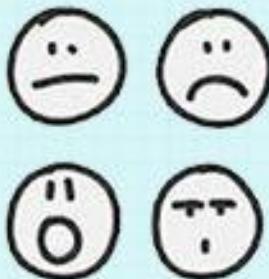
PERCEPTUAL BARRIERS

- 1 The differences in opinion and varied perceptions between people give rise to a need for effective communication



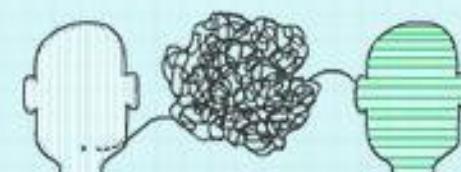
EMOTIONAL BARRIERS

- 2 The fear and mistrust stop us from communicating effectively with our co-workers



LANGUAGE BARRIERS

- 3 Language that describes what we would want to express and communicate to others, serve as a barrier to them



CULTURAL BARRIERS

- 4 A cultural barrier arises when two individuals in an organization belong to different religions, states or countries



PHYSICAL BARRIERS

- 5 Hierarchy in the organization forbids team members from effective interaction with each another



Language Barrier

Language barrier in communication is a difficulty or obstacle that arises when people who speak different languages attempt to interact. This can prevent people from understanding each other and lead to misunderstandings, frustration, and even conflict. The language barrier can be caused by a lack of knowledge of the other person's language, or a lack of proficiency in both languages.





Physical Barrier

Physical environmental barriers refer to any physical limitation that can interfere with the communication process.

Examples include noise, poor lighting, distance between speakers, and physical obstructions between speakers.

Other physical environmental barriers include technology issues, such as poor signal reception on mobile phones, or a lack of access to technology, such as the internet or computers.

Emotional Barrier

An emotional barrier in communication acts as a psychological barrier that hinders individuals from fully expressing their thoughts, emotions, or feelings to one another. It can stem from various causes, such as a lack of trust, fear of vulnerability, or difficulty in empathizing with or understanding the other person's perspective.

Emotional barriers can interfere with effective communication can lead to misunderstandings or emotional disconnection, impacting the effectiveness of interaction and the strength of relationship





Cultural Barrier

Cultural barriers to communication are the differences in language, customs, and beliefs that may exist between people of different cultures or societies. These barriers can prevent people from understanding each other, leading to miscommunication and misunderstanding. Cultural barriers can also lead to cultural clashes, which are disagreements or conflicts caused by differences in beliefs and values.

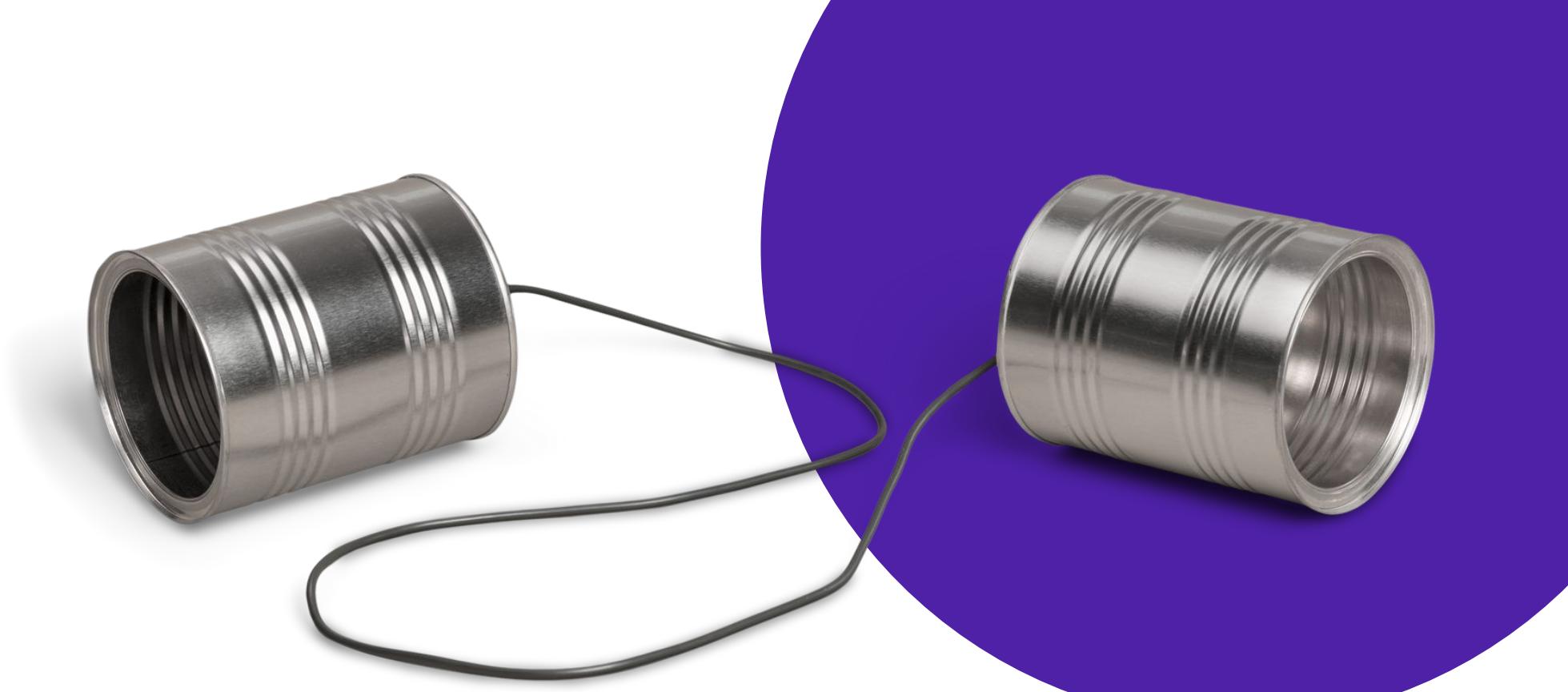
Interactive Element

Pair up and share with your partner a communication challenge you've faced at work.

How did you or could you tackle it?



Enhancing Communication Skills



Strengthening our communication is foundational.

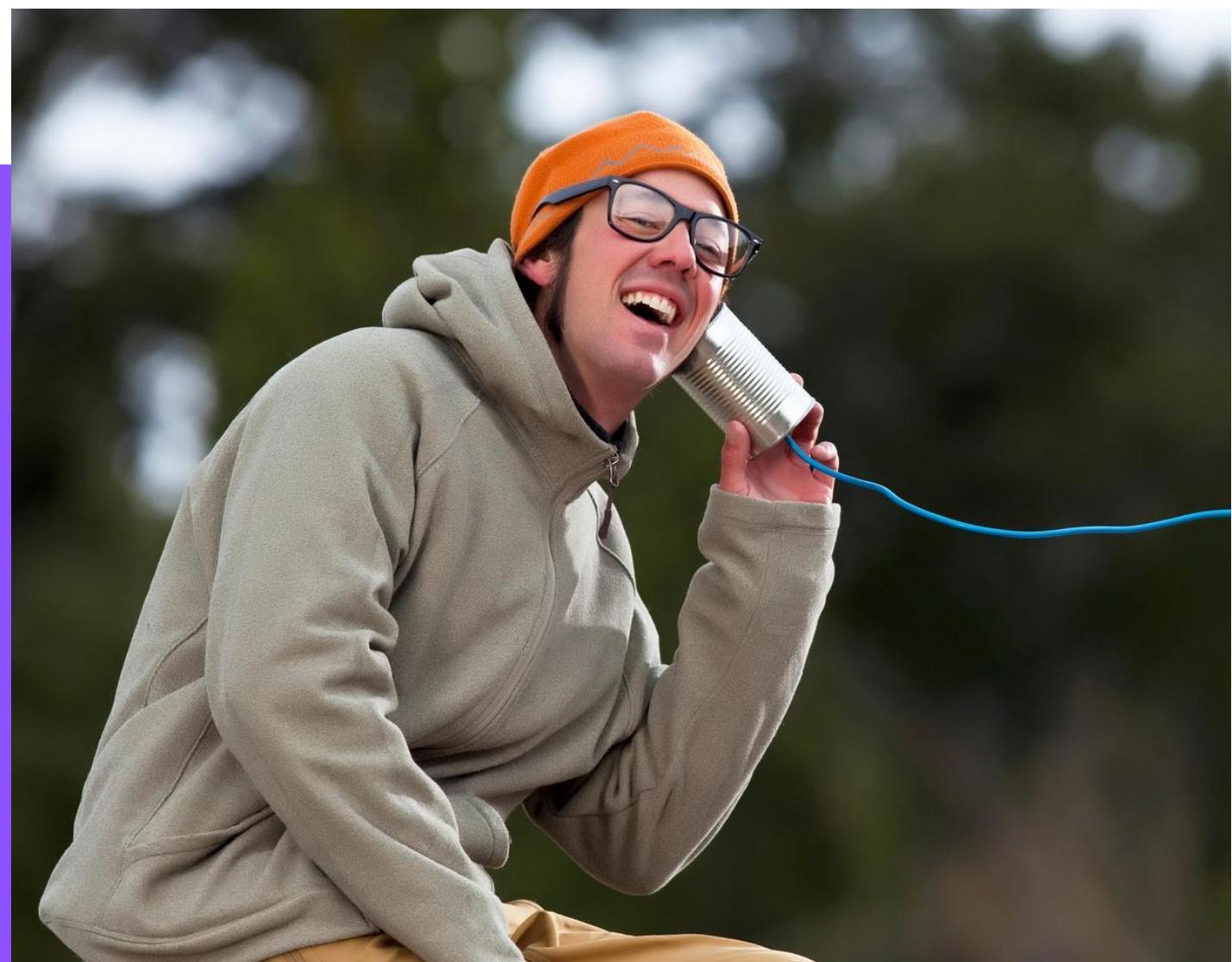
We'll focus on:

Three Key Skills:

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- 1. Active Listening**
 - 2. Non-Verbal Cues**
 - 3. Empathy and Emotional Intelligence**



Understanding Active Listening



Active listening is more than hearing words; it involves fully focusing on the speaker and interpreting their message. Techniques include maintaining eye contact, nodding, and repeating key points for clarity. Avoid distractions and provide thoughtful feedback to show genuine engagement.

Practicing active listening strengthens trust and

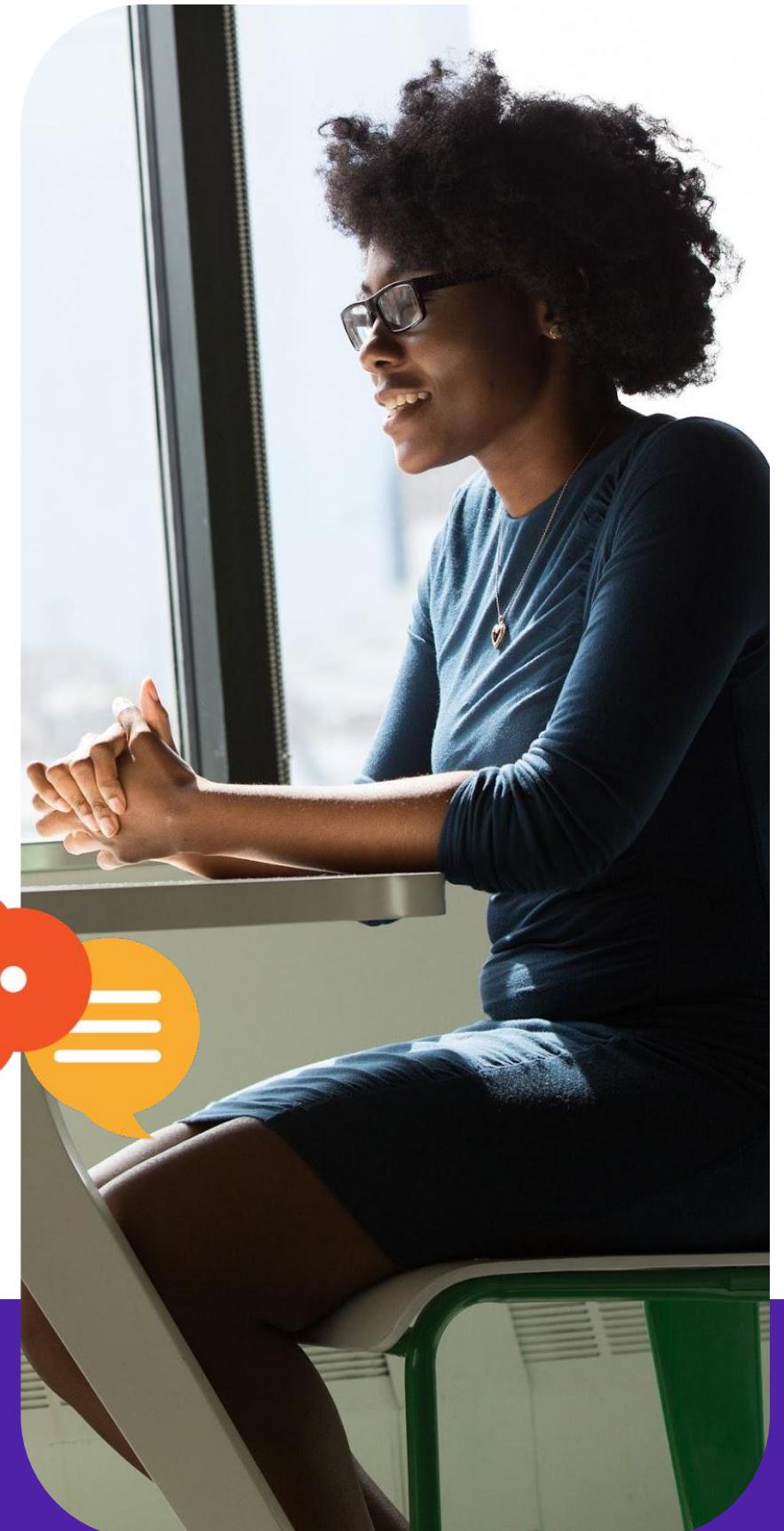


The Role of Non-Verbal Communication

Non-verbal cues such as facial expressions, gestures, and posture convey powerful messages.

Often, what you don't say speaks louder than words.

Maintain open body language and a confident posture to express positivity. Be aware of your tone and how it complements or contradicts your words.



Empathy and Emotional Intelligence

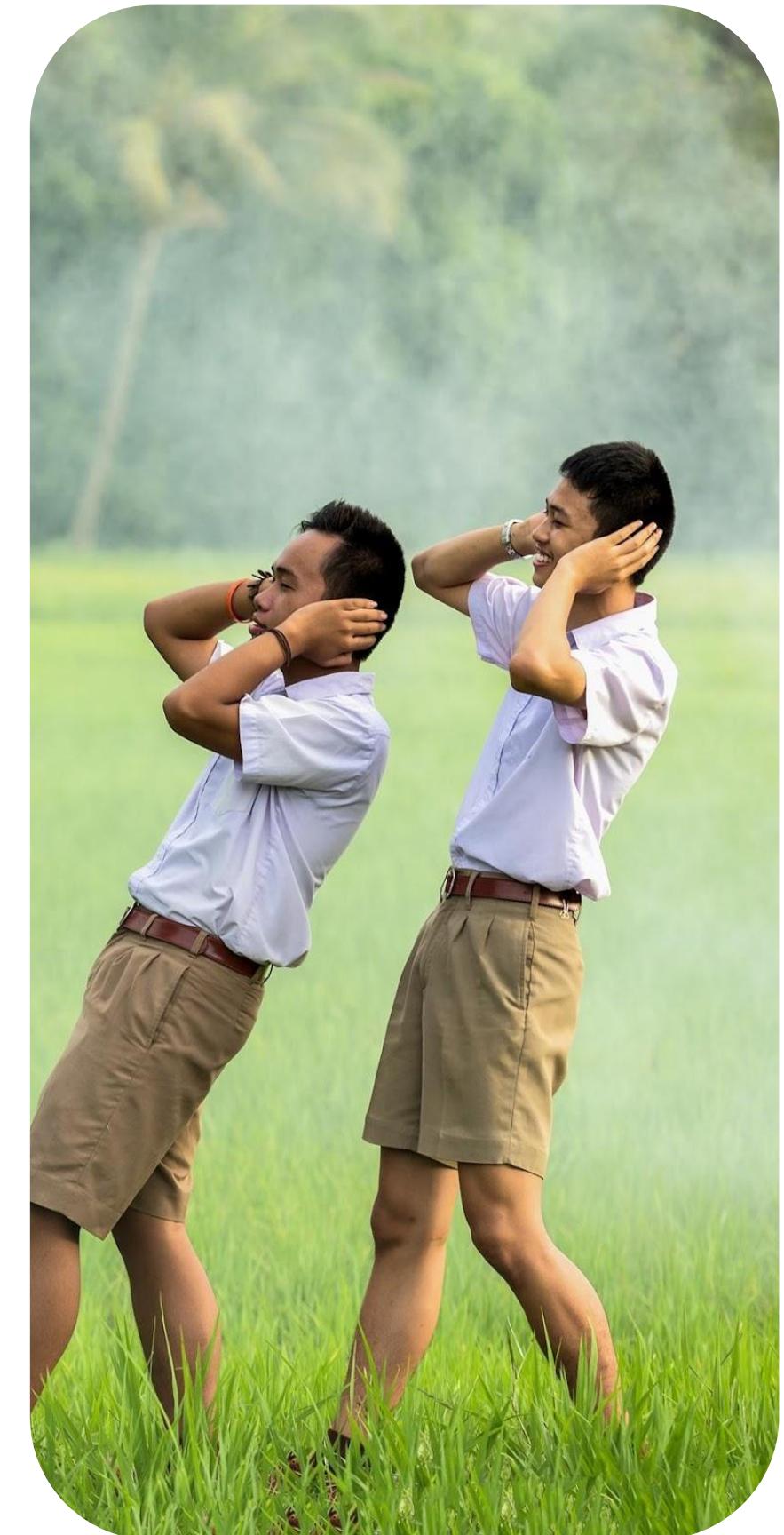
Emotional intelligence plays a key role in communication.

Stay calm and composed, even during heated discussions.

Learn to express your emotions appropriately without overwhelming others.



Being aware of your emotions and how they affect your communication helps in maintaining constructive dialogues.



Role-Play Exercise:

Let's practice!

Pair up to engage in a conversation where these skills could turn conflict into collaboration.

Role Assignment:

- Imagine you're working on a project with tight deadlines.
- One team member feels overwhelmed and hasn't met their deliverables.
- The other feels frustrated because this delay affects their work





PROGRESS
- NOT -
Perfection



Strategic Networking

Networking is not just about contacts—it's about meaningful, lasting relationships that open doors.

Three Strategies:

1. Building Relationships
2. Leveraging Platforms
3. Follow-Up



Interactive Exercise:

Identify one or two people in this room or in your professional network.

Jot down a next step to deepen your connection with them, and write down how you'll follow through:

1. Explaining how you will follow through
2. The expected outcome of strengthening these relationships.



Ready for a Challenge?

Make minimum 5 new connections in
this event



Interactive Q&A

(5 mins)

Let's hear from you—based on today's insights, what questions or challenges are top of mind?

Hands up, or feel free to just shout them out. **This is the space for your voice and curiosity!**



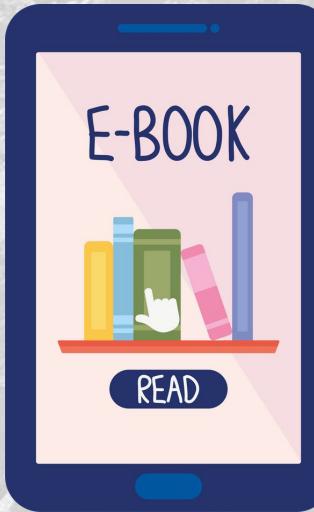
Take Your Next Step!

Unlock Your Personalized Career Growth Plan



Complete the Career Growth Pathway Assessment Now 

- Reflect on your current career status.
 - Define your future aspirations.
 - Identify and overcome challenges.



 Receive a tailored e-book based on your career insights!

👏 Thank you for your active participation. Your energy today reflects your commitment to growth. Keep pushing those boundaries, embrace change, and remember—you have the tools to create the future you envision 🙏

thanks
for your
support

👏 Remember, the journey to mastering these skills has just begun. It's not about getting it right instantly; it's about taking the first step and persevering.

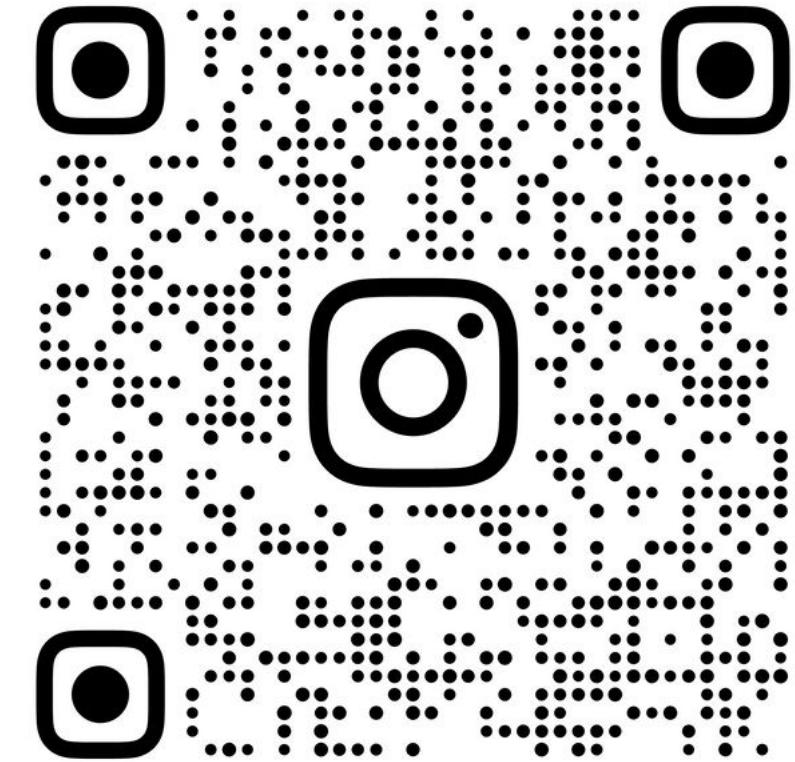
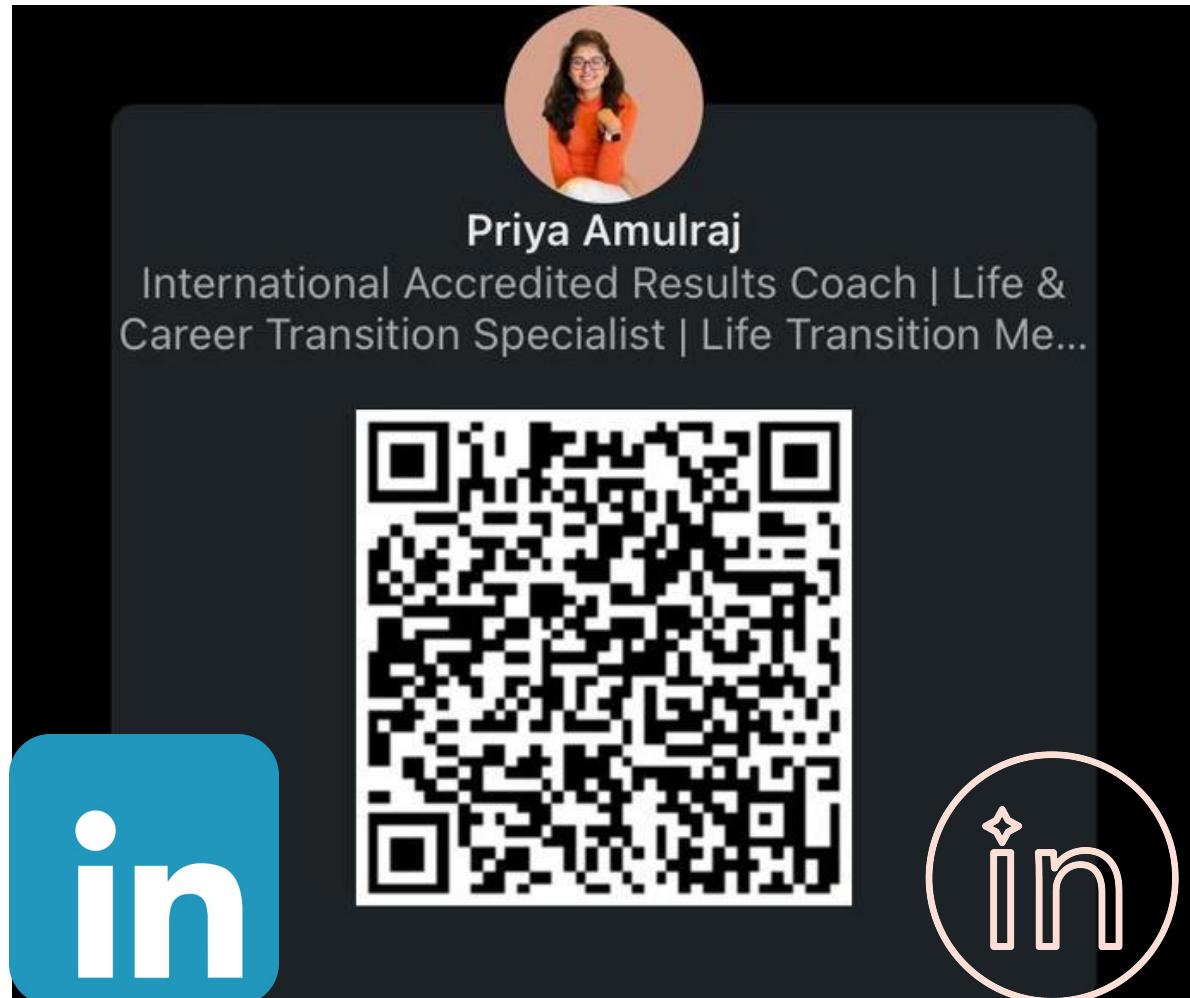


👏 As Lao Tzu said, '**The journey of a thousand miles begins with a single step.**' Let's take that step together and continue growing and learning.



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Remember, mastering these skills is an ongoing journey. Let's expand and grow together through continuous learning and interaction.



LIFE_COACH_PRIYA



Let's Stay Connected! 😊🤝

- Connect on Social Media for regular insights and resources tailored to your growth.
 - Join our Upcoming Webinars & Workshops to deepen your knowledge.
 - Book a One-on-One Discovery Session to personalize your career strategy.

Your journey is unique—let's keep expanding it together.