

# Satir Styles In Action 1 Day

Learning how to manage others' difficult behaviour can enrich your personal life, make your work easier and help your progress in your career. Virginia Satir developed a model of communication that will help you understand and manage difficult behaviours. Today, you're going to hear what she said about communication patterns. You'll see her five "styles" of communication played out. You'll also get hands-on experience responding assertively in tough situations.

## What you'll learn to do in this course

You'll come out of this session with tools using non-verbal influencing patterns. We'll bring theory to life and tell you how to succeed. You'll talk through examples and enjoy practical exercises. You'll walk away with practical tips for applying what you learn in real-life situations. At the end of the course, you should be able to:

- Discuss Virginia Satir's model of influential communication
- Recognise the non-verbal behaviours people use to gain power
- Maintain your personal power when exposed to 'power games'
- Choose an influential communication style during tough conversations

## Topics you'll cover

- Why your communication style matters
- What motivates difficult behaviour?
- Key games played by difficult people
- Keeping your cool when others are heated

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think  
learn?  
succeed

“Smart training for clever people”

“Fantastic, really liked Satir's model and found it very applicable and useful.”

A very high informative & interactive workshop filled with practical insights and examples of particular communication styles.”

“New information, practical and well presented very well presented.”



**Book your training NOW**

Call Eleanor Shakiba on 0433 126 841

Download course information at  
[www.thinklearnsucceed.com.au](http://www.thinklearnsucceed.com.au)