

Communication Skills For The Work Place

Do you feel your lack of confidence when speaking with people stops you from making a good impression in the work place? Do you ever wish you could be more confident at work, express your opinions more clearly and not be intimidated by face to face communication with your superiors or important clients? If this strikes a chord with you and you are interested in learning how to gain confidence with work place communication to enhance your career then you may benefit from learning how to improve your public speaking skills. Having confidence when speaking in public doesn't just apply to people delivering seminars to large groups of people or slick sales people, if you speak with colleagues or clients in any capacity then you too could benefit from learning the skills of a good communicator. Remember the mark of a good communicator is not being exceptionally witty, clever, entertaining or super polished but someone who is able to easily join a conversation, contribute their thoughts and ideas clearly and efficiently and enjoy verbal interaction with people from all walks of life. With improved communication skills behind you, you will find that your working life is greatly improved. Your ideas and opinions can be evaluated by others more easily, annual reviews will become a less stressful time where you will be confident in actively participating in the process and negotiating salaries, benefits and promotions etc will be subjects you no longer shrink from. Managing a team of people will be less daunting prospect and your new skills will inspire and encourage your team to perform well. You may also find that improving your communication skills for the work place also has a positive knock on effect in to your personal life, at home with your family and in other situations where you might normally have shied away from contributing. Imagine being asked to deliver a toast at an important family occasion or being asked to be Master of Ceremonies at a friends wedding, events that you would normally have hid in the back row when attending! So how do you go about improving your communication skills? How does a shy and uneasy speaker acquire the skills of a confident and dynamic speaker? At the heart of the matter is the process of un-learning your fear response to speaking with others, in both group situations and one on one scenarios. This is not something you can just wish to happen and 'hey presto' your fear response has vanished. You need to go through the process of re-educating your mind set to lift away the fear response that makes you uneasy with speaking with others and replace it with a healthy, calm attitude towards speaking in the workplace and in general. This re-education can take place in the form of a specially designed public speaking confidence self hypnosis program where you will be expertly guided along a journey where your sub-conscious mind, the gate keeper of your fears, will be re-trained to reverse the damage done by negative thoughts and images related to speaking in public. Self hypnosis will also teach you how to use strong visualisation techniques to become your ideal speaker and how to combat the influence of past negative speaking experiences. Just imagine if 30 days from now you were able to speak one on one with your boss about your contributions, aspirations and goals in your role at work or chair an important meeting with clients or handle staff recruitment, annual reviews or disciplinary meetings for example - all without the slightest hesitation or twitch of nerves, wouldn't that be truly amazing? So if you believe you could improve your status in the work place by becoming a more confident, self assured communicator, self-hypnosis might be the answer you've been looking for.

About the Author

Lisa Dyke has put together The Mind Training Series which is a high quality range of self hypnosis audio programmes, for more information on curing the fear of public speaking please visit <http://www.confident-communication.com>

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