



PERSONAL

COMMUNICATION SKILLS

Be comfortably
confident

Whether it is work or personal life, effective communication is the key to building and maintaining healthy, mutually beneficial, respectful, and enjoyable relationships. At work, it helps foster teamwork and achieve collective goals in an effective way. In personal life, better communication helps build lasting and mutually supportive relationships.



SkillMast is the
Microlearning Division of BRASI

In this course, you will very helpful information and insights about personal communication, leading toward better relationships.

The course contains a course overview, video lesson, print-ready booklet, and quiz to reinforce your understanding of the course material. Your certificate will be uploaded to your account once you complete the course. Learning Objectives of this course are as follows:

- Understand the importance of being confident
- Understand the nature of communication
- Recognize the effect of personal appearance
- Understand the cultural context
- Reflecting on communication style
- Develop self-awareness in communication
- Recognize the barriers to communication
- Develop listening skills
- Understand non-verbal communication
- Understand spoken communication
- Learn to avoiding common communication mistakes

This course is available for online review on a self-paced basis. Access to the course materials is activated upon signing up. The learning resources include the following:

- Course booklet
- Video lesson
- Quiz

The certificate is uploaded to the student's account upon completion of the course. Each certificate carries a unique identification number and is valid for life.

For further information, please use the Contact Us form on the BRASI's website www.brasl.org



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