

COMM - Skills for and practices in communication

Vienna, 21 – 25 November 2016

1. Overview

The quote “We cannot not communicate” well sums up the essence of human relations, either in private or professional contexts and environments. However often we find ourselves trapped in communication uneasiness, looking for the right word or gesture, adequate to the moment. With the intention to find the communication resources within and around ourselves.

2. Course objectives/learning achievements

- Explore how to listen and converse with your head, heart and body
- Learn about key communication concepts based on the Global Competences research and Theory U
- Work on asking powerful questions and story telling
- Exercise giving and receiving feedback
- Learn new practices for communicating more authentically and building trust and self-esteem
- Explore the relation between gender and communication
- Exchange ways of communicating as a leader with other professionals from different cultural background(s)
- Return home with communication practices for implementation in your personal and professional life

3. Course approach and methodology

The course explores communication in all aspects and how it can be used in your personal and professional life. Through new knowledge and active learning methods you benefit from new experiences and ideas on how to face communication challenges in your professional (and personal) environment(s). The course consists of a mix of short theoretical inputs, concrete practices, group discussions and solo reflection moments.

The underlying theories and practices are:

- Theory U of Otto Scharmer, Sloan School of Management, MIT Boston
- Awareness based practices: Mindfulness Based Stress Reduction (MBSR) and Mindfulness Based Cognitive Therapy (MBCT) and the Way of Council
- 4-sides-model of communication of Schulz von Thun
- Global Competence, Project Zero Research Institute, Harvard Graduate School of Education

4. Costs

Tuition fees are 750 Euros per person, including business lunches, coffee breaks and tuition material. Accommodation costs are your responsibility as participant. We can support you in finding accommodation solutions near to the venue.

Please specify the name of the event in your bank transfer to
ALP - activating leadership development
IBAN: AT71 2011 1297 1382 0900
BIC: GIBAATWWXXX

Cancellation Policy:

This policy defines how cancellations are handled with alp.

Cancellations must be completed by notifying alp via email at info@alp-network.org

Cancellation received thirty days before the start of seminar will receive a full refund.

Cancellation received fifteen days before the start of seminar will incur a 50% cancellation fee of the course fees. This fee is not refundable and cannot be credited to any other seminar fee.

Cancellations received less than fifteen days or failure to attend without notice, will be charged for the full seminar fee.

alp can accept participant replacement if notified in due time.

There is no refund due to failure to attend without notice.

5. Venue(s)

Several spaces will be our "working room(s)" and we will discover together that being "out of the seminar room" and the city environment can be used for learning about and practicing communication.

6. Enrollment procedure

We have an online system for the application that with few questions can guide you in finding out your motivation for attending. Please enrol here <https://goo.gl/forms/OU9oiLus3wABDEQW2>

ALP is a network of professionals who are passionate about leadership and learning. ALP's members combine academic and practitioners backgrounds and experiences in the field of education, personal and organisational development from all over the world

The course coordination is done by:



Irene Rojnik

10 years experience in working with International NGO; Master in communication; degrees in mediation, systemic coaching and organizational development; expertise and interest around Leadership in connection with intercultural learning, diversity, gender-equality, communication and conflict resolution.



Paola Bortini

Over 15 years experience of working with international NGOs and European institutions; holds a MA in European Comparative Social Studies; expertise and interest around Leadership and Learning with special focus on Learning to Learn and Theory U; done research on Intercultural Competence, Well-being and gamification for Activating Learning. Certified Coach Approach, AromaTouch and Mindfulness.

Additional information about alp's members and alp's work is available in our website www.alp-network.org