BLACKBIRD FOR TRAINING

Advanced Interpersonal Skills Training

14 – 18 December 2026
Barcelona (Spain)



Advanced Interpersonal Skills Training

Ref: 3254241_162086 **Date:** 14 – 18 December 2026 **Location:** Barcelona (Spain) **Fees:** 5900 GBP

Introduction

The Interpersonal Skills Training course is meticulously designed to equip participants with the latest techniques and strategies for enhancing their interpersonal and communication skills in both professional and personal settings. This interpersonal skills training course builds upon foundational interpersonal training skills, enabling participants to navigate complex social dynamics, forge stronger relationships, and achieve greater success in their interactions with others. Spanning one week, this program integrates theoretical knowledge with practical exercises and interactive discussions, ensuring a comprehensive learning experience.

Course Objectives

- Understanding Interpersonal Skills: Explore the interpersonal skills meaning, definition, and significance in various contexts, answering the question, what does interpersonal skills mean?
- Effective Communication Techniques: Learn effective interpersonal communication skills, active listening, and assertiveness techniques to enhance interactions.
- Emotional Intelligence Enhancement: Develop strong interpersonal skills by improving emotional intelligence to understand and manage emotions effectively.
- Mastering Conflict Resolution: Gain expertise in conflict resolution strategies to build constructive relationships and navigate difficult conversations.
- Cultivating Empathy and Sensitivity: Understand the importance of interpersonal skills in diverse social and cultural environments.
- Networking Skills Development: Learn how to increase interpersonal skills for professional networking and career advancement.
- Constructive Feedback Strategies: Develop best interpersonal skills in giving and receiving feedback for growth and development.
- Managing Difficult Conversations: Gain insights into handling resistance and defensiveness with diplomacy.
- Boosting Self-Confidence and Awareness: Strengthen self-awareness and confidence, essential for great interpersonal skills.
- Personal Action Plan: Create a customized plan on how to improve interpersonal skills and integrate them into daily life.



Course Outlines

Day 1: Foundations of Interpersonal Skills

- What is interpersonal skills training? Understanding its scope and relevance.
- Theories and models of interpersonal relations skills.
- Verbal and non-verbal communication mastery.
- Establishing trust and rapport in relationships.

Day 2: Advanced Communication Strategies

- Developing interpersonal and technical skills for workplace success.
- Active listening and empathetic communication techniques.
- Persuasion and influence strategies for effective interpersonal communication skills.
- Assertiveness and dealing with passive-aggressive behavior.

Day 3: Emotional Intelligence & Self-awareness

- Exploring what is a interpersonal skill and its role in self-awareness.
- Techniques for managing and expressing emotions constructively.
- Strengthening interpersonal skills in management.
- Developing empathy to enhance workplace relationships.

Day 4: Conflict Resolution & Difficult Conversations

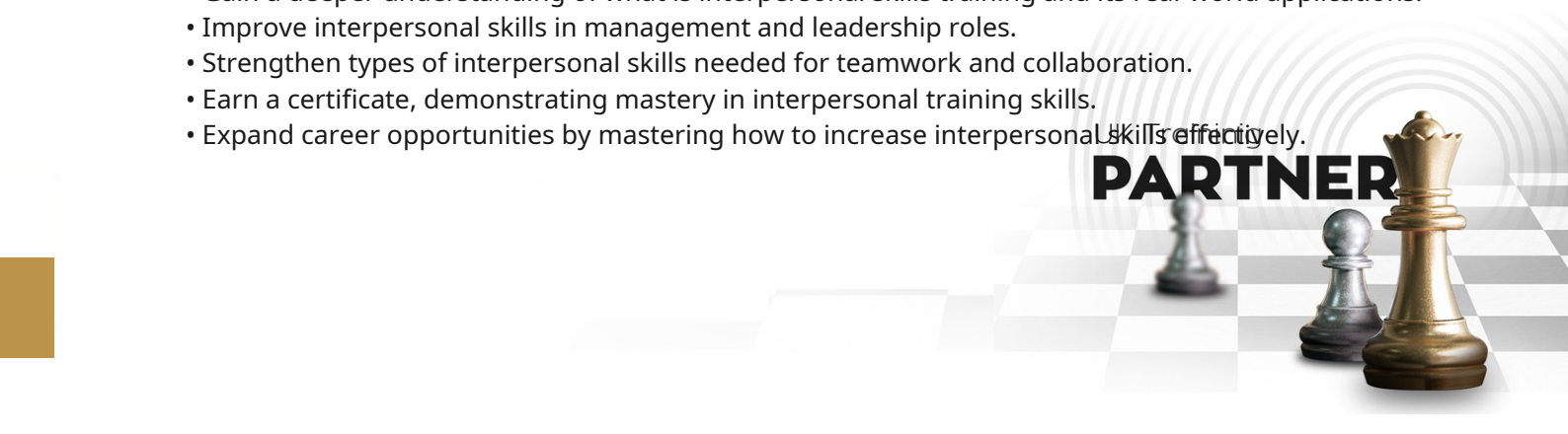
- Negotiation techniques and handling workplace conflicts.
- Managing difficult personalities with excellent interpersonal skills.
- Strategies to find win-win solutions in challenging discussions.
- Overcoming resistance and fostering collaboration.

Day 5: Cultural Sensitivity & Professional Networking

- The role of interpersonal and communication skills in diverse environments.
- Navigating inclusivity and diversity in professional relationships.
- How to develop interpersonal skills for networking success.
- The impact of feedback and continuous learning on interpersonal skills improvement.

Why Attend This Course? Wins & Losses!

- Gain a deeper understanding of what is interpersonal skills training and its real-world applications.
- Improve interpersonal skills in management and leadership roles.
- Strengthen types of interpersonal skills needed for teamwork and collaboration.
- Earn a certificate, demonstrating mastery in interpersonal training skills.
- Expand career opportunities by mastering how to increase interpersonal skills effectively.



Conclusion

By participating in this interpersonal skills training course, attendees will gain a profound understanding of what interpersonal skills training entails and how to apply these skills effectively in their lives.

They will explore the types of interpersonal skills, including interpersonal skills in management, and learn how to develop interpersonal skills for better teamwork and collaboration. The course will empower them with the tools needed to cultivate great interpersonal skills, essential for success in both personal and professional domains.

