

## Advanced Interpersonal Skills Training

*Barcelona (Spain)*

*6 - 10 July 2026*

UK Training

# PARTNER



## Advanced Interpersonal Skills Training

Code: PS28 From: 6 - 10 July 2026 City: Barcelona (Spain) Fees: 4400 Pound

### 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 five days, 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.

A graphic of a chessboard with several chess pieces. A gold king piece is prominent in the foreground, with a silver pawn and a gold pawn nearby. The board is white and black squares, with concentric circles in the background.

UK Training  
**PARTNER**

- 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.



## Blackbird Training Cities

### Europe



Malaga (Spain)



Sarajevo (Bosnia and Herzegovina)



Oporto (Portugal)



Glasgow (Scotland)



Edinburgh (UK)



Oslo (Norway)



Annecy (France)



Bordeaux (France)



Copenhagen (Denmark)



Birmingham (UK)



Lyon (France)



Moscow (Russia)



Stockholm (Sweden)



Podgorica (Montenegro)



Batumi (Georgia)



Salzburg (Austria)



Florence (Italy)



London (UK)



Istanbul (Turkey)



Amsterdam



Düsseldorf (Germany)



Paris (France)



Athens (Greece)



Barcelona (Spain)



Munich (Germany)



Geneva (Switzerland)



Prague (Czech)



Vienna (Austria)



Rome (Italy)



Brussels (Belgium)



Madrid (Spain)



Berlin (Germany)



Lisbon (Portugal)



Zurich (Switzerland)



Manchester (UK)



Milan (Italy)



## Blackbird Training Cities

### USA & Canada



Los Angeles (USA)



Orlando, Florida (USA)



Online



Phoenix, Arizona (USA)



Houston, Texas (USA)



Boston, MA (USA)



Washington (USA)



Miami, Florida (USA)



New York City (USA)



Seattle, Washington (USA)



Washington DC (USA)



In House



Jersey, New Jersey (USA)



Toronto (Canada)

### ASIA



Baku (Azerbaijan)  
(Thailand)



Maldives (Maldives)



Doha (Qatar)



Manila (Philippines)



Bali (Indonesia)



Bangkok



Beijing (China)



Singapore (Singapore)



Sydney



Tokyo (Japan)



Jeddah (KSA)



Riyadh (KSA)



Melbourne (Australia)  
(Kuwait)



Phuket (Thailand)



Shanghai (China)



Dubai (UAE)



Kuala Lumpur (Malaysia)



Kuwait City



Seoul (South Korea)



Pulau Ujong (Singapore)



Irbid (Jordan)



Jakarta (Indonesia)



Amman (Jordan)



Beirut

UK Training  
**PARTNER**



## Blackbird Training Cities

### AFRICA



Kigali (Rwanda)



Cape Town ( South Africa)



Accra (Ghana)



Lagos (Nigeria)



Marrakesh (Morocco)



Nairobi (Kenya)



Zanzibar (Tanzania)



Tangier (Morocco)



Cairo (Egypt)



Sharm El-Sheikh (Egypt)



Casablanca (Morocco)



Tunis (Tunisia)



## Blackbird Training Clients

 <p><b>MANNAI CORPORATION</b> MANNAI Trading Company WLL, Qatar</p>	 <p><b>GAC</b> UNE FILIALE D' EGA Alumina Corporation Guinea</p>	 <p><b>Booking.com</b> Booking.com Netherlands</p>	 <p><b>OXFAM</b> Oxfam GB International Organization, Yemen</p>	 <p><b>Capital Markets Authority</b> Kuwait</p>
 <p><b>WS</b> Waltersmith Petroman Oil Limited Nigeria</p>	 <p><b>QNB</b> Qatar National Bank (QNB), Qatar</p>	 <p><b>Qatar Foundation</b> Qatar</p>	 <p><b>AFRICAN UNION ADVISORY BOARD ON CORRUPTION</b> Tanzania</p>	 <p><b>KFAS</b> KFS Kuwait</p>
 <p><b>Reserve Bank of Malawi</b> Malawi</p>	 <p><b>Central Bank of Nigeria</b> Nigeria</p>	 <p><b>Ministry of Interior Kingdom of Saudi Arabia</b> KSA</p>	 <p><b>Mabruk Oil Company</b> Libya</p>	 <p><b>Saudi Electricity Company</b> KSA</p>
 <p><b>BPKH</b> Badan Pengelola Keuangan Haji BADAN PENGELOLA KEUANGAN Haji, Indonesia</p>	 <p><b>NATO Italy</b></p>	 <p><b>ENI</b> ENI CORPORATE UNIVERSITY, Italy</p>	 <p><b>GULF BANK</b> Kuwait</p>	 <p><b>General Organization for Social Insurance</b> KSA</p>
 <p><b>Defence Space Administration</b> Nigeria</p>	 <p><b>National Industries Group (Holding),</b> Kuwait</p>	 <p><b>Hamad Medical Corporation</b> Qatar</p>	 <p><b>USAID</b> Pakistan</p>	 <p><b>STC</b> STC Solutions, KSA</p>
 <p><b>North Oil Company</b> North Oil company,</p>	 <p><b>EKO</b> EKO Electricity</p>	 <p><b>OMAN BROADBAND</b> Oman Broadband</p>	 <p><b>UNITED NATIONS</b> UN.</p>	 <p><b>Authority for Electricity Regulation, Oman</b> Authority for</p>

UK Training  
**PARTNER**

## Blackbird Training Categories

### Management & Admin

Entertainment & Leisure  
Professional Skills  
Finance, Accounting, Budgeting  
Media & Public Relations  
Project Management  
Human Resources  
Audit & Quality Assurance  
Marketing, Sales, Customer Service  
Secretary & Admin  
Supply Chain & Logistics  
Management & Leadership  
Agile and Elevation

### Technical Courses

Artificial Intelligence (AI)  
Hospital Management  
Public Sector  
Special Workshops  
Oil & Gas Engineering  
Telecom Engineering  
IT & IT Engineering  
Health & Safety  
Law and Contract Management  
Customs & Safety  
Aviation  
C-Suite Training



 International House 185 Tower Bridge  
Road London SE1 2UF United Kingdom

 +44 7401 1773 35  
+44 7480 775526

 Sales@blackbird-training.com

 www.blackbird-training.com

UK Training  
**PARTNER**

