

Advanced Interpersonal Skills Training

Manama

9 - 13 November 2025

UK Training

PARTNER



Advanced Interpersonal Skills Training

Code: PS28 From: 9 - 13 November 2025 City: Manama Fees: 3700 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 king, a queen, a rook, and a pawn) in gold and silver. The text 'UK Training' is in a small font above the word 'PARTNER' in a large, bold, black sans-serif font.

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)



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)
Korea



Phuket (Thailand)



Dubai (UAE)



Kuala Lumpur (Malaysia)



Kuwait City (Kuwait)



Seoul (South)



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

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

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

