

# Effective Communication



“Bringing Families Together”

# LETS TALK ABOUT C O M M U N I C A T I O N

The Fathers and Sons Project feels that in order for a father and son to grow closer and have a strong meaningful relationship they must be able to communicate well with one another. There are all types of communication and several different ways in which to communicate. This exercise will help us to discover and talk about some of those ways.

What is communication?

How do you communicate?

What makes for good communication between a father and a son?

## Types of Communication

There are two types of communication that we are going to discuss.

1) Verbal Communication

2) Nonverbal Communication

## Lets discuss communication skills

Communication is a skill. Just like everything else, it takes time and practice to be good at it. Think of communication as a sport, in order to become a good basketball or football player, you have to learn how to play and practice to get better. In order to be effective, you have to be able to relate with the other players on your team. There are all types of communication and several different ways that we communicate. Now lets think about some of them. The exercise we are getting ready to do will help us to identify the different types of communication. Afterwards we will have an open discussion and then we will do some role-playing where you will have a chance to practice these skills.



1. Listening:



2. Paraphrasing:



3. Probing:



4. Positive Speaking:



5. Writing:



6. Looking:



7. Paying Attention:



8. Honesty:



## Styles of Communication

There are many different styles or ways to communicate. Lets talk specifically about three of them.

- **Assertive communication.** Standing up for yourself without violating the rights of others.
- **Aggressive communication.** Standing up for yourself in a way that could be perceived as mean or disrespectful by others.
- **Passive communication.** Not standing up for your rights, beliefs, or opinions.