



# Interpersonal Communication - Social Skills for Success



## March

Visit your home page starting  
March 19th:

**TOLL-FREE:**  
800-633-3353

**WEBSITE:**  
[www.mygroup.com](http://www.mygroup.com) > My Portal  
login > Work-Life

**USERNAME:**  
organization specific

**PASSWORD:**  
guest

**WHATEVER YOU NEED,  
WE ARE HERE TO HELP.**

*Just call or log on to get started.*

## ONLINE SEMINAR

An ability to interact with others in an appropriate way is essential for success. Yet, a growing reliance on digital communication in the modern workplace has made emails the medium of choice for every day interactions, and this has impacted upon the way that we naturally interact, slowly diminishing our chance to develop our interpersonal skills.

This session will explore verbal and non-verbal communication and help participants understand how their behavior may be interpreted by others, helping to grow positive and effective working relationships.

Your Employee Assistance Program can help you, 24/7, with communication and social skills for the workplace and in the home.