

SESSION 6 — Communication & Emotional Expression

 **Duration: 12–14 Hours**

Concepts Covered

- Verbal & non-verbal communication
- High-EQ communication styles
- Assertive vs Passive vs Aggressive behaviour
- Active vs Reflective listening

Hands-On Activities

- **Role-plays (conflict scenarios)**
- **Tone & clarity exercises**
- **Listening circle group activity**
- **Body language observation drills**

Outcomes

- Communicate emotions clearly & respectfully
- Become a better listener