



# EFFECTIVE COMMUNICATION



## What is effective communication and why it is important in education?

Effective communication can help to build and foster a safe learning environment where individuals can thrive, prosper and learn. Communication is the process of understanding and sharing information where listening plays an important role.

The communication skills that students learn at school are fully transferable and essential across all aspects of life. Furthermore, it has been proven that supportive teacher-student relationships have a positive impact on class participation, engagement, and ultimately a student's achievements. Communication is relatively complex and can be used to prevent behavior, start behavior, stop behavior, increase behavior(s) (performance), and decrease behavior. Good communication skills can help you in both your personal and professional life. While verbal and written communication skills are important, researchers continue to find that nonverbal behaviors make up a large percentage of our daily interpersonal communication. Body language is also incredibly important.

### MAIN FOCUS

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**EFFECTIVE COMMUNICATION OUTSIDE THE BOX**

**TIPS TO BOOST YOUR COMMUNICATION**



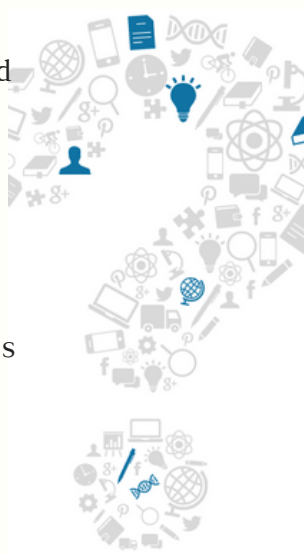
Effective communication skills that build a positive school environment are self-awareness; sending direct, complete, relevant, congruent messages; listening; using feedback and being aware of what we are communicating nonverbally. Communication is not only understanding and acknowledgement, it is agreement and commitment. Do not be afraid of silence!

## What is effective communication?

Effective communication is about more than just exchanging information. It's about understanding the emotion and intentions behind the information. As well as being able to clearly convey a message, you need to also listen in a way that gains the full meaning of what's being said and makes the other person feel heard and understood.

What is stopping you from communicating effectively? Stress and out-of-control emotion, lack of focus and negative body language are among the main barriers to effective communication. Nonverbal communication should reinforce what is being said, not contradict it. We must be honest as we attempt to be effective communicators.

Listening to your students enables you to provide better assistance and consequently a better education. Likewise, helping to teach your students both the value and the skills of active listening will both help to improve their ability to understand instructions and lessons as well as their ability to connect with their peers. These are skills that will be invaluable throughout their time in education and throughout their lives.





# EFFECTIVE COMMUNICATION OUTSIDE THE BOX

We see the world in dimensions. Imagine living in a box defined by our perspective and experience. You cannot see the boundaries. But, the height, width and depth of the box shape how you see the world. Effective communication outside the box includes key message development, provides clarity and promotes engagement. Effective communication is less about talking and more about listening. Listening well means not just understanding the words or the information being communicated, but also understanding the emotions the speaker is trying to convey. There is a big difference between engaged listening and simply hearing.

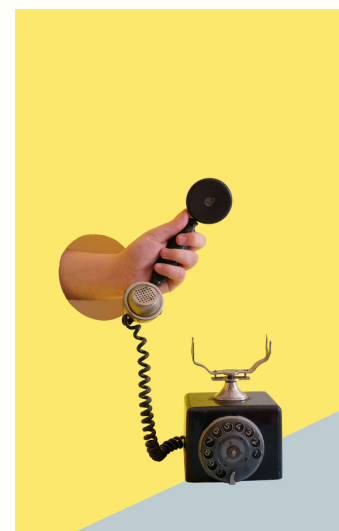


## Assert yourself

Direct, assertive expression makes for clear communication and can help boost your self-esteem and decision-making skills.

## Become an engaged listener

If your goal is to fully understand and connect with the other person, listening in an engaged way will often come naturally.



## Here are some tips that can help you boost your communication!

- Create a safe environment
- Provide positive feedback
- Show your interest in what is being said
- Listen carefully and set aside judgment
- Pay attention to nonverbal signals

