

PERSONALITY ENHANCEMENT TRAINING

Interpersonal Skills

Build meaningful relationships, communicate effectively, and develop the people skills needed for personal and professional success.

2-Phase Program

Certified Trainers

500+ Students Trained

About the Course

Strong interpersonal skills are the foundation of successful relationships, effective teamwork, and professional growth. In today's competitive world, technical knowledge alone is not enough — your ability to communicate, collaborate, and connect with people plays a vital role in your success.

This course is designed to help students, professionals, and aspiring leaders improve communication, understand people better, and build positive relationships through practical activities, role plays, and real-life scenarios.

By the end of this course, you'll be able to communicate with confidence, handle challenging situations professionally, and build stronger connections with people around you.

2

PHASES

5 Hrs

CONTENT

Live

INTERACTIVE

Yes

CERTIFICATE

Who Should Join

This course is ideal for students, job seekers, working professionals, managers, entrepreneurs, and anyone who wants to improve communication, teamwork, and relationship-building skills. No prior experience needed.

What You'll Gain



Strengthen communication
& relationship-building



Improve teamwork and
collaboration



Build confidence in handling
people and workplace
situations

Course Structure

Phase 01 · Building Strong Interpersonal Foundations

This phase focuses on developing the core interpersonal skills required for effective communication and healthy relationships.

WHAT YOU WILL LEARN

- Active Listening Techniques
- Understanding Personal Behaviour
- Building Strong Relationships
- Tools for Effective Relationship Building
- Improving Interpersonal Communication
- Influencing Others Positively
- Overcoming Communication Challenges
- Managing Stress in Workplace Situations
- Understanding People's Behaviour and Reactions
- Building Trust and Mutual Respect

OUTCOME

- Improve communication skills and build stronger relationships
- Understand different communication styles and increase self-awareness

Phase 02 · Advanced Interpersonal Skills & Emotional Intelligence

This phase develops advanced interpersonal skills, emotional intelligence, and conflict management techniques.

WHAT YOU WILL LEARN

- Understanding the Five Stages of Conflict
- Developing Assertiveness
- Preventing Conflict Escalation
- Changing Perspectives During Conflict
- Conflict Management Principles
- Persuasion Skills
- In-Depth Perception
- Influencing Others Effectively
- Empathy and Emotional Intelligence
- Managing Emotions Professionally

OUTCOME

- Handle conflicts calmly and develop emotional intelligence
- Communicate assertively and improve leadership & teamwork skills

What Students Say

"This course helped me become a better listener and improved my confidence while communicating with my team. My workplace relationships have become much stronger."

Neha Sharma

HR Executive

"The practical role plays and communication exercises made learning easy and enjoyable. I now handle difficult conversations much more confidently."

Rohit Mehta

Software Engineer

Frequently Asked Questions

Do I need any prior experience?

No. The course is designed for beginners as well as professionals who want to strengthen their interpersonal and communication skills.

Is the course practical or theory-based?

The course focuses on practical learning through role plays, interactive sessions, communication exercises, and continuous trainer feedback.

How will this course help my career?

Strong interpersonal skills improve teamwork, leadership, workplace communication, networking, client interactions, and interview performance.

Will I receive a certificate?

Yes, participants receive a Certificate of Completion from Groomx Finishing Academy.

**Ready to Build Stronger Relationships and Communicate
with Confidence?**

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