Client’s name

Professor’s title

The title of the course

02 July 2019

Communication

1. What strategies have you implemented to improve your communication?

I have learned that effective communication is more of a policy rather than a strategy. So, I have implemented a strategy to take my time and don’t let anyone or any situation push me to hurry along with any conversation. Hence, in any conversation, I wait until I have decided on the message I need to express. I don’t worry about other people talking over me as if they do not listen to me, then they do not really want to communicate. I have learned that when you take your time, your message is much better and fewer corrections and clarifications are needed. When they see that you have thought carefully about what you say, they will take it more seriously.

2. Has it been difficult making changes? Why or why not?

Initially, it was difficult to accept that I had issues in my communication skills which needed attention. However, when I finally understood what they were, the main problem was addressing them. The main challenge was giving the conversation my undivided attention. However, as I learned that listening to others is way more important than anything else in any good conversation, I changed this habit with time and patience.

3. What successes have you had?

I was able to work on my attention span and build a focus on listening to every thought and feeling conveyed to me. Earlier, I only spoke my own mind and never listened to other’s opinions. But with patience, I now not only listen more but give my undivided attention to others and try to be the last one to speak. I believe this is the biggest success I have had. i.e. I now carefully assess the whole situation and others' thoughts and feelings associated with it and then give my own opinions.

4. What challenges have you had?

The communication apprehension that I face would be anxiety while speaking. Due to this anxiety even if I know the exact words and where and how to use them, either I end up forgetting what I was talking about or end up being blank altogether. This anxiety also causes me to lose confidence in my speech and I am unable to convey my message to the audience. Being nervous during speech causes me to lose faith that I can convey my message effectively to the audience. I intend to practice my speaking skills more and more either when I am alone or when I am with my friends.

5. Have you noticed any impact on your relationships? On how you perceive yourself?

As my communications skills have improved, I have witnessed how my relationships have evolved to be better. I am now fully able to express my emotions instead of shying away from them. As I convey whatever I feel through my words and expressions, each person whether a friend or a family member is able to grasp how I am feeling and what exactly am I looking for in our relationship. This fact indeed has changed the scape of my relations and helped me become a better friend. I now perceive myself as an integral member of the friends' circle who can actually speak his mind freely and contribute for the better,

6. Questions/Comments/Concerns?

Even though I am happy with my overall progress. I do wonder if the program will be effective for the people who have major communication issues like stuttering or a lisp. This is the only concern I have. So, I want to suggest that certain changes should be made in overall program strategies to accommodate easier communication for such people if they do enroll.