
	<b>Talento Humano</b>	
	Asistencia a Capacitaciones	ICHS-TH-F-04



**FINDES**  
Fundación de Investigación  
para el Desarrollo Profesional

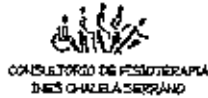
# Manejo de Conflictos

Tema de los cursos:  
Negociación  
Equipos de Trabajo  
Liderazgo

**En los negocios, como en la vida. No obtienes lo que mereces, consigues lo que negocias.**

Chester L. Karrass

**Psic. Alejandro Fuente Ortiz**




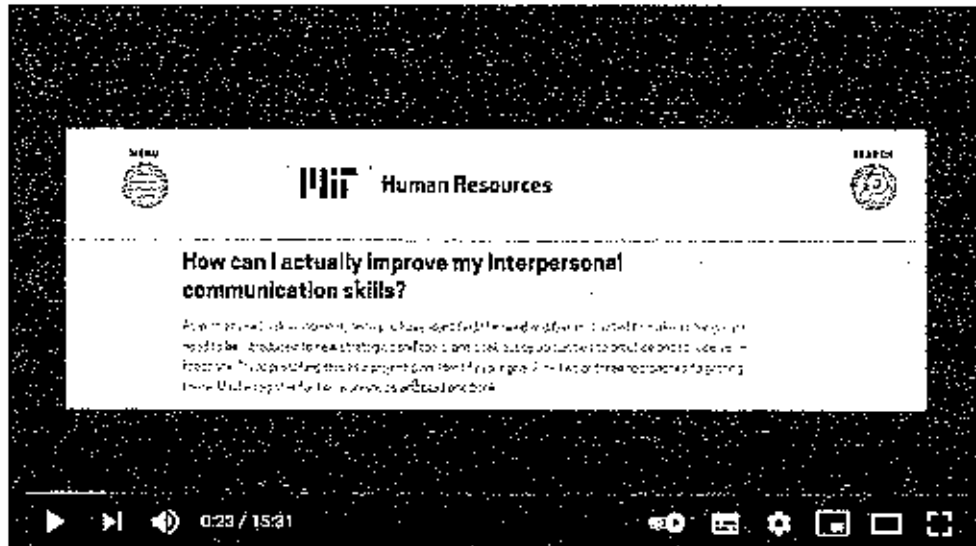
**Talento Humano**

Asistencia a Capacitaciones

ICHS-TH-F-04

<b>Fecha</b>	29/08/2021	<b>Intensidad</b>	1 hora
<b>Tema(s):</b> Técnicas de Comunicación			
<b>Objetivo:</b> Mejorar las competencias del personal para la adecuada comunicación			
<b>Responsable:</b> watch?v=g2mABsI-MZQ			
<b>Asistentes</b>			
<b>Nombre</b>	<b>Firma</b>		
Inés Chalela Serrano			
<b>Observaciones:</b>			

	<b>Talento Humano</b>	
	Asistencia a Capacitaciones	ICHS-TH-F-04



**MIT** Human Resources **MIT**

### How can I actually improve my Interpersonal communication skills?

As a manager, you need to be able to communicate effectively with your team. This is not just about being able to talk, but about being able to listen, understand, and respond in a way that is effective. In this video, we will explore three key components of effective interpersonal communication: active listening, empathy, and clear communication.

1. **Active listening**: This is the process of fully concentrating on what is being said rather than just hearing the words of the speaker. It involves listening to understand, not just to respond.

2. **Empathy**: This is the ability to understand and share the feelings of another person. It is a key component of effective communication, as it allows you to connect with others on a deeper level.

3. **Clear communication**: This is the ability to express your thoughts and feelings in a clear and concise manner. It involves using simple language, avoiding jargon, and being direct.

0:23 / 15:31