



Interactive Workshop for Employees

Confident Communication

Speak with Confidence. Connect with Purpose.

Many interpersonal conflicts are not caused by bad intentions—they result from misunderstandings, emotional reactivity, unclear expectations, and ineffective communication. Confident Communication teaches participants practical communication skills that improve collaboration, reduce conflict, and strengthen relationships with students, families, colleagues, and community partners. Participants learn how stress affects communication, why conversations break down, and how to communicate with greater clarity, confidence, and emotional intelligence. Participants will learn to:

Communicate more effectively during challenging conversations.

Reduce misunderstandings through active listening.

Respond rather than react during emotionally charged interactions.

Strengthen professional relationships through intentional communication.

Your health and well-being matter to EASE.

Free for employees of EASE member organizations.

Registration is required to attend and receive the workshop recording.

Questions? Contact EASE at 562-922-6683 or ease@lacoed.edu



**OCT 21, 2026
3 - 4 P.M. ONLINE**

Session Duration: 60 minutes

