

# ORIGO<sup>®</sup>

Center for Meaningful  
CoCreation

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## OPTIMAL MANAGEMENT COMMUNICATION

THIS IS HOW YOU GET TO SAY WHAT YOU MEAN



Wisdom In Action

# OPTIMAL MANAGEMENT COMMUNICATION

## THIS IS HOW YOU GET TO SAY WHAT YOU MEAN

**Duration: 6 hours / full-day course eg from 9-16**



**As a leader, the ability to communicate is paramount to achieving great results. Effective communication requires that you can read your recipient and adapt your form so that what you want to say is also perceived as you meant it – and that’s something of an art.**

We are constantly reading our surroundings, and most of it is completely unconscious. Through the latest brain research, we now know much more about what happens when we receive information – and why it is sometimes perceived completely differently than intended.

### **Take home value:**

It is this new knowledge that you as a participant will gain insight into. Combined with practical exercises, you as a leader will be able to translate new insights into concrete communication tools.

The purpose of the course in communication is to provide you with a range of tools that optimize your communication skills.

Would you like book this inspiring course, please contact Sebastian Nybo  
+ 45 33 11 44 22 or via [www.sebastiannybo.com](http://www.sebastiannybo.com)



- A nuanced understanding of the manager's special communication toolbox
- Understanding of the connection between body language, tone of voice and content
- A deeper understanding of segmentation of the recipient's perception

### **Participant profile**

The course is for leaders who want to become even better at communicating and building a communication culture where openness and straightforwardness are at the center.

### **Content**

We work to build and support an open and straightforward culture of communication, where dignity and respect are naturally integrated. It is especially the everyday situation, rather than presentation technique, that we focus on – this is where the vast majority of our communication takes place.

The course in communication is structured in three phases, which together constitute a communication strategy:

Phase 1: Read the receiver

Phase 2: Choose the optimal behavior

Phase 3: Perform your communication

### **In the communication course, we focus on:**

- Insight into what happens in the brain when we receive information
- The three main elements of communication: body, voice and content
- Reading your surroundings
- Communication strategy – from a to z
- Methods for developing an open and direct communication culture
- One-on-one communication – the close conversation
- The leader to the team – department meetings and joint information
- AI: Appreciative Inquiry – unleash the recognition!
- How to avoid misunderstanding in your communication
- Increase your emotional intelligence and hit the spot with the message

### **Form**

The course alternates between exercises, presentations and reflections on own practice. And you will leave the course with a number of tools and knowledge that are directly applicable in your everyday life as a leader.

## EXAMPLE OF A TWO-DAY PROGRAM

### DAY 1

#### Phase 1

09.30 – 10.00 **BREAKFAST**

10.00 – 11.00 **INSIGHT into the psychological mechanisms involved in communication**

– both when it succeeds and when it does not

11.00 – 11.15 **BREAK**

11.15 – 12.00 **EVOLUTIONARY PSYCHOLOGY and the 4 primary intelligences**

What characterizes the different intelligences and how do you read them – and how do you communicate optimally to them.

12.00 – 13.00 **LUNCH**

13.00 – 14.00 **THE OPTIMAL COMMUNICATION is achieved by having a clear strategy**

We work in depth with this central tool and the participants get the opportunity to integrate their own everyday cases.

#### Phase 2

14.00 – 15.30 **BREAK**

15.30 – 16.30 **AUTHENTIC PRESENCE is the prerequisite for fruitful communication**

Participants learn how to invite to a dignified – adult to adult – conversation.

16.30 – 16.45 **BREAK**

16.45 – 18.00 **IMPACT AND DYNAMICS are the key to effective communication**

Participants learn to use a variety of tools to ensure that the message burns through.

## **DAY 2**

### **Phase 3**

09.30 – 10.00 **BREAKFAST**

09.00 – 10.00 **AI AS A BASIC TONE**

Participants learn to use AI in communication – both one to one and at group level.

10.00 – 10.15 **BREAK**

10.15 – 12.00 **WORKSHOP** where the participants are asked a communication task, which must subsequently be tested

12.00 – 13.00 **LUNCH**

13.00 – 15.00 **LEARNING SPACE 2**

The participants themselves choose a topic from their own everyday life, which they will work through, communicate and receive feedback on.

15.00 – 15.15 **BREAK**

15.15 – 16.00 **SUMMARY**

To ensure the optimal effect assurance of the teaching, we make a joint summary and then the individual effort strategies are prepared.

If you want to hear more about the course, call us on 33 11 44 22 or email [sn@sebgruppen.dk](mailto:sn@sebgruppen.dk)



[www.sebastiannybo.dk](http://www.sebastiannybo.dk)

## Teacher

Sebastian Nybo is a renowned author, lecturer and business psychology consultant with international experience and network. He has worked with organizational development and High Performance Teams for more than 30 years. As a participant, you get access to both his deep professional knowledge as well as concrete experiences from a large number of companies that he has advised and supported up to the High Performance Team. He has developed a wide range of effective and unique tools that provide an overview of the change process from group to High Performance Teams – which you as a participant in this seminar get unique access to.

Sebastian is also the author of the 12 theories and models that are part of the SEB theory set, and in recent years has specialized in the topics of Sustainable Innovation, Team Culture and Evolutionary Psychology.

He has taught more than 350,000 people both at home and abroad and has many years of experience in teaching and advising managers and key employees, and is today considered an authority in his field.



Medlem af

