

Effective Communication in 4 months

Learn the subtle processes involved in personal contact, examine your communication style and learn what it evokes in others during this four month course.



Clear communication is often essential, so why don't things always go the way you want them to? During the course Effective Communication in 4 Months you will switch off your autopilot and consciously consider the subtle processes involved in personal contact. Among other things, you will examine your communication style and learn what it evokes in others. You will also experience how to constructively connect with your interlocutor. By practicing intensively using your own situations over this four month course, you will considerably improve your communication skills.

Features

Study duration	4 months
Investment	€2,095.-
Number of locations	13

Unique benefits



- ✓ Long term learning effect due to personal action plan
- ✓ Personal support from an experienced communication trainer
- ✓ Insight into your personal development areas
- ✓ Become a strong conversation partner

Result



- ✓ You will listen actively and empathetically
- ✓ You will be able to ask the right questions so you can discover what the other person really means
- ✓ You can get a clear message across about what you think, feel and need
- ✓ You affiliate and connect with the other
- ✓ You can advocate your self-interest without damaging your relationship with the other
- ✓ You can cope with difficult situations
- ✓ You will be more confident and come across more powerfully

Target audience



This course is suitable for anyone wanting to develop their communication skills over a longer period of time.

Programme



Day 1 - Miscommunication and basic skills

- Miscommunication and other communication difficulties
- Why talking starts with listening
- Asking for feedback = getting to know yourself better
- Set to work... discover your communication style

Day 2 - Insight into your own communication behaviour

- Assertiveness, the balance between too cautious and too aggressive
- Non-verbal communication: what you tell, without saying a word
- Insight into interaction patterns: action is reaction
- Set to work... what makes being assertive difficult?

Day 3 - Empathise with the other

- Look at the other: the power of thoughts
- Empathise with the feelings and concerns of the other
- Create rapport: a proven method of making contact
- Set to work... discover your own conflict style

Day 4 - Communicate from your own strength

- Conflicts: winning without losers
- Core qualities: seek your pitfalls and find your strengths
- Set to work... with your personal action plan

Study method



Intake

Before the course you will gain access to the interactive learning environment of ICM. Here you will fill in an online intake form in which you answer a number of questions to ascertain your personal learning goals. This clarifies your goals, for yourself and your trainer.

The trainer

The trainer is a professional expert, but above all your personal coach.

Meetings

The meetings are focused on the interaction with your trainer and fellow trainees. Through the use of different working practices you gain new knowledge and insights and practice your skillset. There is a lot of opportunity for you to practice with your own cases and examples from your own working practice.

Personal action plan

At the end of the course you will make a personal action-plan. This supports you in applying what you have learned into daily practice, even after the training has ended.

ICM-certificate

After completing the course, you will receive your ICM certificate.

Locations & date



You can follow this course in two ways:

Day: The course times are 9.30 to 17.00 comprising 4 meetings.

Evening: The course times are 19.00 to 22.00 comprising 8 meetings.

This course can also be followed completely online via the virtual classroom.

Would you prefer to take a faster course? Check out the course [Effective Communication](#).

The course takes place in October 2026, January 2027, March 2027, May 2027 and October 2027.

You can choose from the following locations, days and shifts:

Online Virtual Classroom	Day: Friday Evening: Monday
Amsterdam	Day: Friday Evening: Monday
Arnhem	Day: Friday Evening: Monday
Breda	Day: Friday Evening: Monday
Den Bosch	Day: Friday Evening: Monday
Den Haag	Day: Friday Evening: Monday
Eindhoven	Day: Friday Evening: Monday
Enschede	Day: Friday Evening: Monday
Groningen	Day: Friday Evening: Monday
Maastricht	Day: Friday Evening: Monday
Rotterdam	Day: Friday Evening: Monday
Utrecht	Day: Friday Evening: Monday
Zwolle	Day: Friday Evening: Monday

Investment



The investment is €2,095.-.

This excludes € 57.50 per day for the day arrangement or € 25.00 per evening for the evening arrangement. For online meetings we do not charge arrangements fees.

VAT

The total investment is excl. VAT. Exemption from VAT is possible. In that case you pay 10% on top of the investment price.

[More information](#)

Financing

There are various options for subsidies for both employers and private individuals to follow a training.

[More information](#)

Possibilities for your employer

Many employers have a training budget that allows employees to develop and grow in their career. You can find out what the options are within your organization by checking your terms of employment or by checking with your manager or HR.

Invoice

The invoice for this course will be sent after the first meeting. If you would like to receive it beforehand, you can mention this in the comment section of your enrolment form.

Study method Virtual Classroom

When you attend this course in the Virtual Classroom, [this study method](#) applies.

Incompany

ICM also offers this course [incompany](#), tailor-made for your organisation.

Advice



For more information and registration look at:

<https://www.icm.nl/opleidingen-en-trainingen/communicatievaardigheden/effective-communication-in-4-months/>

Or call 030 - 29 19 888 for a personal study advise