

verbal communication	Active listening	No shouting	confidence	Stay calm
Eye Contact	transparency	body language	Assertive Communication	one to one interaction
voice tone	Be aware of non-verbal ques	FREE	Positive Body Language	Respectful to others
group interaction	Speak clearly	clarity	No slang	appropriate language
Be patient	feedback	No inappropriate Language	written communication	No jargon

voice tone	written communication	Assertive Communication	Speak clearly	Eye Contact
confidence	Respectful to others	No shouting	appropriate language	Be aware of non-verbal ques
Positive Body Language	Active listening	FREE	No slang	clarity
No jargon	verbal communication	No inappropriate Language	group interaction	Be patient
Stay calm	Passive Aggressive communication	one to one interaction	body language	transparency

group interaction	No slang	voice tone	No jargon	confidence
feedback	one to one interaction	written communication	Speak clearly	Be aware of non-verbal ques
clarity	Assertive Communication	FREE	Positive Body Language	No shouting
Passive Aggressive communication	Stay calm	Be patient	Active listening	verbal communication
transparency	body language	Respectful to others	appropriate language	No inappropriate Language