

# Communication Matters

We can't live without it, so how can we do it well?



- Learn how to make your communication more effective
- Discover how to connect to those around you
- Learn how to steer clear of friction when others push your buttons
- Find out how to manage your frustration when dealing with others
- Discern how you can achieve better outcomes from interactions

Communication is a major part of our active lives and is a social activity. We use communication as a tool to exercise our influence on others, bring out changes in the attitudes of ourselves and others, motivate the people around us, and establish and maintain relationships with them.

## **2017 is your year to make Communication Matter!**

Make plans to register and attend one or more of the key communication events offered by Laboratory Scientists Labor Management Committee (LSLMC) in 2017.

To get the latest event updates, ask your LAD, ALAD, Shop Steward, or visit the Education & Training Department at:

**[LabLink > Lab Services > Education](#)**

Remaining 2017 Communication Matters Events Include:

- **Improving Relationships**
  - Friday, September 29 in Santa Clara ([register by 9/15](#))
- **Leading with Emotional Intelligence / Courageous Conversations**
  - Thursday, October 19 in Vallejo ([register by 9/22](#))