

Goals, Growth & Grit: Skills for Success 120

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Hello class, if you are working towards a **Credit** in this course, instead of enrolled on your transcript, please let me know so I can monitor your progress.

Last week we explored the four components of **Emotional Intelligence**. One of them, managing social relationships, requires good **Communication** skills. While this may seem like a basic skill that comes naturally to everyone, workplaces often find it difficult to find workers who are strong in this area. If you remember, communication is one of the 4 soft skills (4 C's) that people who are successful in the workplace and in their personal lives, possess. Do you remember what the other 3 C's are? We will explore them in the weeks to come.

- Look at the **PowerPoint** called Communication.
- What communication skills do you need to improve? Set communication **goals** for yourself and develop a plan to achieve them.
- Research how communication skills are useful in a **career** that you are interested in.
- To increase your understanding, try one or more of these fun **activities** with members of your household.

<https://www.userlike.com/en/blog/communication-games>



Have a great week, you've got this! 😊