# SOFT SKILLS WORKSHOP

1-DAY WORKSHOP



## DATES & TUITION

**NOVEMBER 17, 2026**
$650 USD
In-person at UW Seattle Campus

**DECEMBER 15, 2026**
$525 USD
Live Online

**MAY 25, 2027**
$725 USD
In-person at UW Seattle Campus

Discounts may apply for groups, non-profits, and UW alumni.

# BECOME A BETTER COMMUNICATOR TO ADVANCE YOUR CAREER

Soft skills are in high demand. Employers value professionals who can communicate effectively, handle difficult conversations, and make impactful presentations. Discover your communication tendencies and preferences and watch how this newfound self-awareness transforms your interactions at work. Learn to read your audience and adjust your communication style accordingly, which is an important skill to have in diverse workplaces where understanding and respecting different communication styles is crucial. Whether you're pitching an idea or presenting a project, this workshop will teach you how to capture attention and persuade effectively. Expect hands-on exercises and real-life scenarios that let you immediately apply what you learn.

## BENEFITS OF ATTENDING

- Develop self-awareness of your communication style and how it's perceived by others.
- Recognize different communication styles and learn to adapt your approach for greater impact.
- Gain practical tools to strengthen your influence and persuasiveness.
- Understand what your audience actually needs from you before you say a word.
- Break the habits that lose rooms and build the ones that earn attention.
- Adjust your message based on the audience you're speaking to.
- Deliver messages that land with the clarity and confidence you intended them to.

**foster.school/soft-skills**



Technical skills can get you in the door, but in order to continue to advance in your career, it is important to develop your soft skills as well.

# KEY TOPICS

## COMMUNICATION STYLES & EFFECTIVENESS

Miscommunication in the workplace leads to frustration, inefficiencies, and missed opportunities. Effective communication begins with understanding your own communication style and how it intersects with the styles of others.

This module builds self-awareness of your natural communication tendencies, preferences, and how your message is perceived. You'll develop the ability to recognize different communication styles in real time and adjust your approach accordingly. When communication differences are understood, they become a powerful tool for connection and alignment.

Through real-world scenarios submitted by participants, you'll gain hands-on practice using proven techniques for navigating difficult conversations and common workplace scenarios with skill, empathy, and professionalism.

## PRESENTATION SKILLS (ONLINE WORKSHOP ONLY)

Research in social psychology shows that first impressions are formed almost instantaneously. In high-stakes presentations to decision-makers, key stakeholders, or your team, those initial moments are critical. You'll learn to deliberately leverage both verbal and nonverbal communication (including your presence and body language) to establish credibility and trust. Through practical techniques, you'll strengthen your professional presence and deliver concise, compelling messages that resonate with your audience.

## EARN THE ROOM: COMMUNICATION SKILLS THAT CONNECT (IN-PERSON WORKSHOP ONLY)

Most professional presentations fail not because the ideas are bad, but because speakers never earn the audience's attention. We've all sat through meetings that ran too long, buried their point, or lost us within minutes. And yet, we repeat these same mistakes when it's our turn to speak. This module breaks those habits by focusing on two critical shifts: earning attention from the first sentence & writing for the ear, not the page.

The practical skills covered apply regardless of your comfort level speaking in front of a room. Because the goal isn't a polished speech, it's understanding what your audience needs and the confidence to deliver it.

## PROGRAM FACULTY



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# LEARN MORE

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