

# COMMUNICATION AND COMMUNICATION STYLES



Presented by

**Thaen Saelee, Psy.D.**

**Dr. Thaen Saelee** is a licensed psychologist with over 15 years of clinical experience in directing groups, facilitating parenting workshops, and providing individual therapy and psychological assessments.

She is currently the CEO of [Motivational Parent](#) and also works as a clinical supervisor for a non-profit community mental health clinic. She has a love for teaching and facilitating workshops where her passion for wellness and learning intersects.



Register at:

<https://tinyurl.com/zsu8k7pc>

Questions? (530) 235-4400

**Each Friday**

**4:00 - 5:15pm**

**May 7<sup>th</sup> - June 11<sup>th</sup>**



**Communication skills help you solve problems, learn new things, and are key to your success – in relationships, the workplace, and across your lifetime.**

This workshop will provide participants with evidence-based, emotionally-focused tools for effective communication. It is important to understand your own communication style, so you can recognize both its strengths and weaknesses. It is also helpful to understand the communication styles of others – by recognizing where your styles mesh and where they don't, you have the opportunity to be a much more effective communicator. Join us and explore different types and purposes of communication styles and learn how to identify and understand which is the most effective.

