

## **Psychological approach to communication**

### **Atlantykron 2010 Class**

**Short description:** Optimize your communication skills by learning to adapt yourself, your speaker and your message for best possible results, learn to know your peers and explore the basic principles of human behavior.

**Audience target:** any Atlantykron 2010 participant above the age of 17.

**Class topics:** Highly interactive discussions and exercises on human behavior, synergology (non-verbal communication), fast logic, mental acuity and message adaptation.

**Class description:** PAC is a class aiming to develop new communication skills or improve the ones you already have with a few tweaks. The class consists of four meetings in which we will discuss issues of psychological and psycho-somatic signs that will help you know your peers better (1), tips on basic human behavior (1, 2), knowing yourself and covering your weak spots (2), adapting yourself to your peer and to the goal of your communication (2, 3) and adapting the message for best aimed results (4).

During the first meeting we will try to set the boundaries of synergology, and psychological and psycho-somatic signs that will help you better know your peers and include them in certain states of mind, states of affection and states of knowledge. You will learn what to look at in a person to get a better idea of who you are speaking to and which are the best and the worst types of people you want to have in front of you in different situations. Any pre-reading will be helpful for better understanding the terms that might be used during this meeting (ex.: psychology 101 classes that can be found on the internet). You will receive an assignment at the end of this class.

The second meeting will concentrate on knowing yourself. You will learn a few tricks about knowing who you really are, what are your strong points and what are your weaknesses in certain situations (yes, you probably know them already, but do you really take account of them every time that that is needed ?) and basic tips on how to manage them. We will try to play a little bit at the end of this meeting and you will receive a material with different mind games to better know yourselves and your peers during the later days.

The third and fourth meetings will focus on the message itself and how it can be tweaked for best results, hopefully in a highly interactive manner.

Remember, any pre-readings would be helpful, but even without them, I'm sure we will be able to have a good time and improve some of our skills.

Please contact me by e-mail with any questions or regards at [lala.adrian@yahoo.com](mailto:lala.adrian@yahoo.com)

**Adrian Lala**