

FAMILY LIFE

Effective Communication is about more than just exchanging information. It can improve relationships at home, work, and in social situations by deepening your connections to others and improving teamwork, decision-making, caring, and problem solving. It enables you to communicate even negative or difficult messages without creating conflict or destroying trust. Effective communication combines a set of skills including nonverbal communication, attentive listening, the ability to manage stress in the moment, and the capacity to recognize and understand your own emotions and those of the person you're communicating with. While effective communication is a learned skill, it is more effective when it's spontaneous rather than formulaic. The more effort and practice you put in, the more instinctive and spontaneous your communication skills will become.

4 Lenses provides an interactive environment to enhance knowledge of an individual's strengths and communication styles and the way we communicate with others.

“Fighting for Your Marriage,” five Ramstein AB agencies will be working together to provide the training. Prevention Enhancement Relationship Program (PREP) training is built upon years of research in marriage and family relationships from many fields. The training provides cutting edge efforts to prevent marital distress and strengthen families.