

# Developing Effective Communication Skills



တၢ်ဒိၣ်ထီၣ်ထီၣ်လၢအဖးကဲဘျူးကဲဖှိၣ်တၢ်ဆဲးကျၢဆဲးကျိး  
အတၢ်သ့တၢ်ဘၣ်သ့ၣ်တဖၣ်

## Agenda

## တၢ်မၤရဲၣ်ကျဲၤတက့ၢ်

### Welcome and Workshop Overview

- Self-Advocacy Continuum

တၢ်တူၢ်လိၣ်မုၢ်ဒီးတၢ်အိၣ်ဖှိၣ်တၢ်ဝဲသကိးအတၢ်ဝဲၣ်ထံနီၤဖး

- နီၢ်ကစၢ်အတၢ်ဆဲးတဲကတိၤစၢၤတၢ်

### Introduction: What is Effective Communication?

တၢ်ကတိၤဆှၢန့ၣ်: တၢ်ဆဲးကျၢဆဲးကျိးလၢအကဲဘျူးကဲဖှိၣ်မ့ၢ်တၢ်မနုၤလဲၣ်?

### Activity: Intergroup Dialogue

တၢ်ဟူးတၢ်ဂၢၤ: ကရူၢ်အတၢ်ဟ့ၣ်ထီၣ်တၢ်ကတိၤခိဆၢလိၣ်သး

- Power Point – Developing Effective Communication Skills
- Handout – What is Effective Communication?

- Power Point [(ဖၣ်ဝၢ်ဖွးနံထံ) ခိၣ်ဖျူထၢၣ်တဖျၢၣ်အတၢ်ဟ်ဖျါထီၣ်တၢ်]— တၢ်ဒိၣ်ထီၣ်ထီၣ်လၢအဖးကဲဘျူးကဲဖှိၣ်တၢ်ဆဲးကျၢဆဲးကျိးအတၢ်သ့တၢ်ဘၣ်သ့ၣ်တဖၣ်

- လံာ်ဘိးဘၣ်နီၤလီၤ — တၢ်ဆဲးကျၢဆဲးကျိးလၢအကဲဘျူးကဲဖှိၣ်မ့ၢ်တၢ်မနုၤလဲၣ်?

### Closing & Next Steps:

တၢ်မၤကတၢ်ဒီးခိၣ်ခါအတၢ်လဲၤသ့ၣ်တဖၣ်ဆူညါ:

- Using Effective Communication Skills in Real Time

- တၢ်သ့တၢ်ဆဲးကျၢဆဲးကျိးလၢအကဲဘျူးကဲဖှိၣ်အတၢ်သ့တၢ်ဘၣ်သ့ၣ်တဖၣ်လၢဆၢကတိၢ်လၢအဂ့ၤဝဲ