

Identifying barriers to effective
communication - part 2

ENABLE



30 Years of Excellence

Welcome!

Your facilitator for today is



Warm up

Get into groups of threes and number yourselves 1, 2 and 3.

1 and 3 need a piece of paper and pen.

Sit at opposite ends of the room. 2 stands in the middle.

Follow your facilitator's instructions.



Confused?

Frustrated?

Enjoyment?

How did the
task make you
feel?

Annoyed?

Competitive?

Creative?

Aims of the session

1. Discuss barriers to communication.
2. Describe those barriers.
3. Identify which barriers most affect you.
4. Discuss ways of overcoming those barriers.

Real or perceived?

Thinking a barrier exists makes it just as powerful as a real barrier.

If you feel you can't speak to people on the same level because you don't have the same educational background, you have created a barrier whether or not anyone else has the same feelings as you.

Be careful of creating your own barriers!



Activity

Match the barriers to the descriptions.

Do you agree?

Is there anything you would add?



Top three

Which three barriers are most relevant?

Vote for the barriers you would like to explore in detail.

In groups, create spider diagram for your given barrier with ideas about how it might be overcome.




Top tips

Read through your tip sheet on overcoming barriers.

Is there anything you would like to add?





What's one thing
you will do in the
future to break
down
communication
barriers?

Thank you!

