



# Abstract | **Communication is Key**



Merriam-Webster defines communication as a process by which information is exchanged between individuals through a common system of symbols, signs, or behavior.

Oftentimes communication is reduced to the words said, but it includes so much more than that. “Who, what, when, where, why, and how” apply to not only the message itself, but to the entire process that is communication.

## **FOCUS**

**This session will use quotes, lecture, and discussion to inform and equip the attendee with the skills necessary to communicate as a healthcare/public health provider, employee, or advocate.**

**There are three things that one MUST know when conveying an idea:**

1. Know your Message
2. Know your Audience
3. Know Yourself



By the end of the session, attendees will be equipped to navigate the basics of communication with all walks of life.

### **Explained...**

- Know your Message
- What information would you like to convey at the most basic level?
- Why is it necessary to share?
- Know your Audience
- Know Yourself

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