**HR Series- Communication Skills for Managers Reflection**

Communication is something that’s important for any job or position. This is something I’ve had trouble with for a long time. Over the years, I’ve managed to improve on these skills to effectively communicate my thoughts and feelings, especially when taking part in discussions regarding different topics, including nutrition.

This course did a pretty good job of explaining the importance of developing effective listening and speaking skills for an effective communication process. I enjoyed the interactive activities within the course, although I feel like if someone recorded a video of them actually explaining this course, I would’ve enjoyed it way more.

I was aware of most of the things this course touched upon so it was basically just reinforcing the concept that communication is a vital skill for any manager. I also feel like this course wasn’t really targeted towards nutrition or food service but just general management.