

4 LENSES

COMMUNICATION WORKSHOP

Through which lens do you view the world?



Each of us has a distinct lens through which we perceive ourselves and the world around us. Through 4 Lenses, you will discover more about yourself, your values, your goals and your communication preferences.

This interactive workshop will empower you to be the most effective in your workplace and in your relationships- More than you ever realized possible.



Contact your LifeSkills Trainer at Henderson Hall to sign up for our next 4 Lenses session
703-693-8906