



Integral University Lucknow

Centre for Career Guidance & Development

Creating Possibilities.... Enabling

Growth



Report on Session by Maxme.com

"Effective and Impactful Communication -Confidence in Spoken & Written Words"

An online session on "Effective and Impactful Communication - Confidence in Spoken & Written Words" was held on **Tuesday, 12th November 2024**, aimed at enhancing communication skills among students across various disciplines, including B. Tech, Pharmacy, BCA, MCA, B. Com, B.Sc., M.Sc., and M.Tech. The session was delivered by **Ms. Renata Sguario**, the Founder & CEO of **Maxme.com** from Sydney, Australia, a platform specializing in career development and skill enhancement.

.Key Highlights of the Session:

1. Introduction to Maxme.com and Its Mission:

- The session began with a brief introduction to **Maxme.com**, a leading platform based in Australia that focuses on providing personal and professional development resources to students and professionals.
- Ms. Sguario emphasized the importance of developing essential communication skills for career advancement.

○ **Understanding the Importance of Communication:**

- Ms. Sguario explained the crucial role that effective communication plays in both personal and professional life.
- She stressed how clear communication can open doors to opportunities, improve relationships, and boost confidence.
- The basics of communication, such as verbal and non-verbal cues, were discussed.
- One of the most engaging parts of the session was Ms. Sguario's explanation of **storytelling** as a key communication skill.

2. Skills Employers Seek in Employees:

- Ms. Sguario outlined several communication skills that employers look for in prospective employees, including:

- **Active listening**
- **Clarity in written and spoken communication**
- **Confidence and articulation**

3. **Self-Awareness and Communication:**

- The importance of **self-awareness** in communication was addressed. Understanding one's own strengths and weaknesses in communication allows individuals to improve their approach.

4. **Communication and Career Success:**

- The speaker elaborated on the link between effective communication and career success.
- She explained how strong communication skills can elevate an individual's professional standing, foster leadership abilities, and lead to career advancement.

5. **Barriers to Effective Communication:**

- Ms. Sguario highlighted common barriers that hinder effective communication, including:
 - **Cultural differences**
 - **Lack of clarity**
- Solutions for overcoming these barriers were discussed, with a focus on adaptability and continuous learning.

6. **Improving Communication Skills:**

- Practical strategies for improving communication were shared, including:
 - **Verbal Communication:** Practicing clear, concise, and confident speech.
 - **Paraverbal Communication:** The tone, pitch, and speed of speech.
 - **Visual Communication:** Body language, facial expressions, and gestures.
- Ms. Sguario emphasized the importance of practicing these skills in daily interactions.

7. **Interactive Activities:**

- To engage students, several **online interactive activities** were incorporated during the session. These activities encouraged participants to apply the communication concepts discussed.

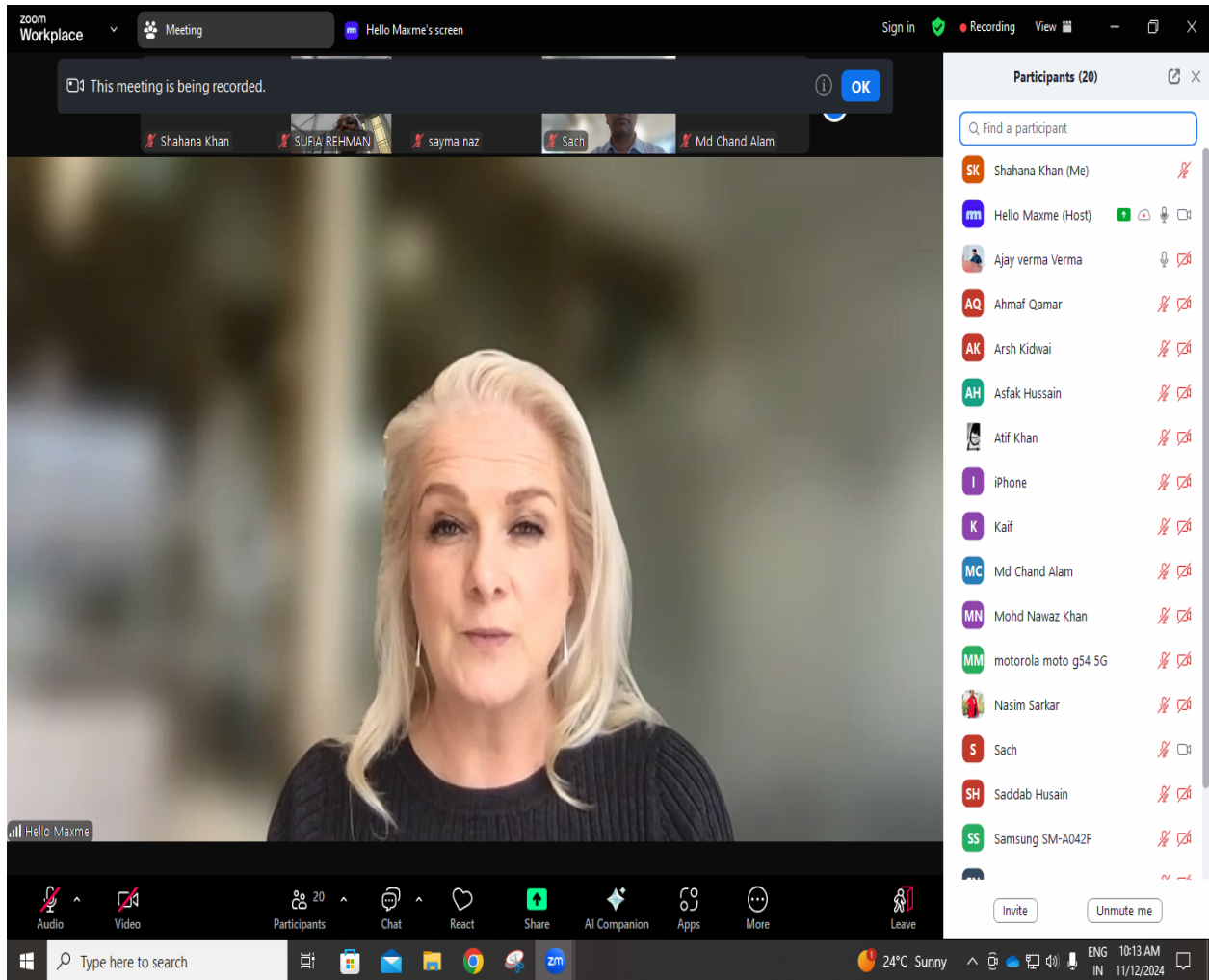
At the end of the presentation, a **Question & Answer session** was held, allowing participants to ask Ms. Sguario about specific communication challenges they face.

The session concluded with **Dr. Sufia Rehman** from **CCG&D** extending her heartfelt thanks to **Ms. Renata Sguario** for delivering an insightful and engaging session. Dr. Rehman also

acknowledged the contribution of Mr. **Sachin**, from the team of **Maxme.com** for their continuous support in organizing such impactful events.

CCG&D plans to continue organizing similar sessions to focus on other critical skills for career development, with an emphasis on improving communication, leadership, and interpersonal skills.


Glimpses of the Session –



Ms. Renata Sguario conducting the online session

This meeting is being recorded.

SufiaRehman Hello Maxme Sach SUFIA REHMAN sayma naz



Renata Sguario
FOUNDER

30+ years in global delivery and leadership roles. Digital and Business transformation, L&D functions and qualified coach.

accenture nab LION

"I have led, coached and mentored hundreds of people across global organisations and have seen first hand that success isn't just about IQ, it requires developing EQ that complements and amplifies intelligence and technical capability."

Maxme addresses a universal need across enterprise and education globally for digital first human skill development, one person at a time.

Participants (19)


Find a participant

- SufiaRehman (Me, Participant ID: 680627)
- Hello Maxme (Host)
- Ajay verma Verma
- Arsh Kidwai
- Asfak Hussain
- Atif Khan
- Kaif
- Md Chand Alam
- Mohd Nawaz Khan
- Nasim Sarkar
- Sach
- Saddab Husain
- Samsung SM-A042F

Invite

SufiaRehman Hello Maxme Sach SUFIA REHMAN

Communication and career success



Communication skills are essential to:

- Make connections with peers and the people you lead
- Develop relationships that you thrive in
- Build trust and rapport leading to high performance
- Share information and grow knowledge
- Solve problems and influence outcomes

Without these it's hard to get very far in life or succeed

Participants (26)

Find a participant

- Hello Maxme (Host)
- Ajay verma Verma

Invite

Maxme Program - Effective and I...

leadership qualities

Atif Khan 10:18 AM

Communication skill and problem solving

Who can see your messages? Recording on

To: Meeting group chat

Message Maxme Program - Effective and I...

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Top: Ms. Renata Sguario introducing herself and Maxme.com

Bottom: Ongoing Q&A session