



# SOFT SKILLS FOR HEALTHCARE HEROES

This training will help equip healthcare professionals with essential soft skills so they are empowered to effectively manage themselves and their surroundings.



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## OUTLINE:

- ✓ Self-Regulation
- ✓ Relationship Management
- ✓ Communication
- ✓ Problem Solving
- ✓ Conflict Management
- ✓ Self-Management
- ✓ Ethics
- ✓ Empathy and Compassion



*"This was a great course that equipped me with many new skills to use at my job and in my position." - Monica, previous trainee*



Register Now:  
[www.cos.edu/trainingcenter](http://www.cos.edu/trainingcenter)

- Mondays & Wednesdays
- February 24 - March 19, 2025
- 9:00 am - 12:00 pm each day
- Location: Altura Health - Tulare  
1134 E. Cartmill Ave, Tulare Ca 93274