

# COMUNICARE EFICIENTĂ

## EFFECTIVE COMMUNICATION

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**Abstract:** NLP known as Neuro Linguistic Programing sees communication as a continuous process, both internally and externally, which never stops during lifetime. Also emphasizes the importance of the communication process, the interrelation and interdependence of emotions, thoughts, language and behavior. The two communications models consecrated by NLP, known as meta-model and Milton model, complete the two dimensions of communication process, from the conscious to unconscious levels, and vice versa, offering opportunities for understanding, accelerated learning, improvement, and probably the most important: the desired changes.

**Keywords:** communication, models, learning, relations, change, ...