I. The importance of interpersonal communication (Beebe, Beebe & Redmond, 2002)
   1. Being skilled in interpersonal communication can improve relationships with your family.

   2. Being skilled in interpersonal communication can improve relationships with friends and romantic partners.

   3. Being skilled in interpersonal communication can improve relationships with colleagues.

   4. Being skilled in interpersonal communication can improve your physical and emotional health.

II. The four reasons Why Good Communication is so important (Based on research by Suzette Haden Elgin 1996)

   1. Language and health are tightly linked to Communication

   2. Verbal violence and physical violence are tightly linked

   3. Good communication skills and success are tightly linked.

   4. Communication skills are your families inheritance