



effective communication

FOR BETTER RELATIONSHIPS

ARE THERE TIMES WHEN YOU WISH YOU'D SAID 'NO' BEFORE COMMITTING TO SOMETHING. WOULDN'T IT BE A RELIEF TO BE ABLE TO REALLY TALK ABOUT WHAT MATTERS TO THE PEOPLE THAT YOU CARE ABOUT.

WOULD YOU LIKE TO EXPLORE WAYS OF EMPOWERING YOURSELF?

Topics covered can include:

- Recognising our own patterns of communication
- Identifying strengths and building on these
- Asking for what we want
- Body language and other non-verbal communication
- The importance of feelings
- Saying 'No' when we need to
- Handling criticism
- Our internal critic
- Practicing communication skills

8 Week FREE course
10am - 12.30pm Mondays
28th Jan - 25th March 2019
Family & Community Hub
St Ita's Hall, Abbeyfeale

FOR MORE INFORMATION OR
TO SECURE YOUR PLACE
CONTACT
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SHEP
CAPACITY FOR CHANGE

THIS COURSE IS DELIVERED BY SHEP, THE SOCIAL & HEALTH EDUCATION PROJECT. SHEP TUTORS HAVE EXTENSIVE TRAINING AND EXPERIENCE IN CREATING A SUPPORTIVE ATMOSPHERE AND IN HELPING PERSONAL LEARNING



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Social Inclusion &
Community Activation
Programme