

What is the SHEP's Community Education for Health & Well-being Programme?

The Social and Health Education Project has pioneered the development of experiential learning in group-work settings for over 40 years.

The programme gives priority to valuing and affirming the life experiences and worth of each person in the groups that are organised through the Project. Our training of tutors, methods of learning and group work approach are aimed towards creating a safe and supportive atmosphere for participant's to explore their life experiences with others and to grow in the way that is unique and of importance for them.

This course will take your **specific** needs into account

You will **feel heard** when you want to speak out

It will be a place where you can gain a sense of **belonging and safety** in a small group.

Respect will be shown to you, regardless of your situation or opinion.

Other courses available from SHEP's Community Education for Health & Well-being Programme

- Introduction to Personal Development
- Managing Stress in Our Daily Lives
- Supporting Yourself as a Parent (Family Communication and Self-esteem)
- Women's Well-being
- Men's Well-being
- Caring for Our Well-being
- Growing Still: Facilitating Well-being and Empowerment with Older Adults
- Seasons for Growth: Living with Grief, Loss and Change in our Daily Lives
- Inter-Cultural Awareness
- Parents, Infants and Toddlers: Developing Relationships
- Children and Bullying: A Course for Parents
- Child Abuse and Neglect

These courses usually consists of twenty hours done over 8 or 10 weekly sessions. Tutors are available for these courses who have trained with SHEP in their own personal development and growth, in facilitating experiential learning with groups and in specialised training on this course topic.

For further information contact:

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SHEP Community Education for Health & Well-being

EFFECTIVE COMMUNICATION FOR BETTER RELATIONSHIPS

A **short course** which uses an experiential group-work approach and will take your needs into account.



Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive



Problems in communication

Do you find yourself saying “yes” when you would really like to say “no”? (Or “no” when you really want to say “yes”?)

Do you find it hard to ask people for help that you really need?

Do you find yourself afraid to say what you really think or feel about things?

Do you find it difficult to make complaints about bad service?

If you do make complaints, can you do it in a way that does not involve attacking the person concerned?

Do you find yourself in the role of “doormat” in your family or with other people? Or are you a “bulldozer”, always getting your own way? Can you find a middle way?

If Questions Like This Are Of Interest To You, You Might Find A Course In Effective Communications for Better Relationships useful.

What is the course like?

The courses involve eight weekly two and a half hour sessions, usually with twelve to fourteen participants in the group. The atmosphere is informal and the job of the group leader or facilitator is to help participants to learn for themselves, as well as giving a few inputs on key topics.

Effective communication

Some people think that “Assertive Communication” means becoming aggressive and learning to get your own way. In these courses however, assertiveness is seen quite differently.

What is encouraged is an attitude of mutual respect in which the needs and wishes both of other people and of ourselves can be taken into account.

The goal of communication and relationships is not so much that we would get our own way as that we would end up in a “win-win” situation in which both people feel listened to and respected equally.

This is not an easy thing to achieve, not least because we often don’t have a real respect for ourselves to start with. This may come out in constant putting down of ourselves, or sometimes in the opposite way when we attack other people to cover up how badly we feel ourselves.

Self-esteem

If we hope to be more adequate and assertive in our communication it is important that we learn to really respect ourselves as well as to listen to other people. We need to learn how to both “love our neighbours as ourselves” and how to “love ourselves as our neighbours”.

For this reason the courses are based not just on techniques of clear communication, but more fundamentally on helping participants to build their own self-esteem.

Course content

Topics will be explored in a personal way so that people can become more aware of how they deal with feelings and communicate with others. The following topics may be covered:

- The difference between effective communication and aggressive, passive and manipulative types of communication
- 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

Participants will have opportunities to explore their difficulties in communicating assertively and to practice new ways of expressing themselves and of asking for what they need. There will also be opportunities for participants to build their self-esteem.

Where are courses available?

Each term SHEP offers a number of courses at its venues in Cork & Kerry and you can ring us to find out about these. Courses are also regularly organised by a range of local community groups, Family Resource Centres, Local Development Partnerships, community associations, parents’ associations and special interest groups and agencies. If you are thinking of organising a group of twelve to fourteen people and have access to a suitable venue, SHEP can help you find a tutor by contacting the Project office. Funding for the tutor can often be secured from the ETB or other agencies.