

CARER TRAINING & EDUCATION

Effective Communication Skills



Effective Communication Skills

This course is aimed at carers who feel as though they are not being listened to, that their message is not getting across or are just tired of shouting and nothing changing.

This course teaches practical communication skills and techniques to help improve the communication within fostering families. Learn how to manage your emotions to be able to communicate without shouting and how to listen effectively.

Alternative forms of communication will also be considered including the use of visual aids and schedules. The area of positive reinforcement will also be explored with practical skills and tools being provided to enable easy implementation.

The course will provide carers with opportunities to:

- Explore and manage the frustrations of not being heard;
- Learn how to stop shouting;
- Develop active listening skills;
- Discover different things to do when you feel as though you have tried everything; and
- Learn what positive reinforcement is and how to implement it.

FURTHER INFORMATION

Location:

Courses can be delivered at various locations within New South Wales.

Time and Dates:

Refer to training calendar

Cost:

\$225 pp Day Program (inc Refreshments & Lunch)

Bookings:

Call 02 9899 6006 or 0452 117 660

or email: wendy@fostercareangels.org.au



Foster Care Angels