

Communication in Relationships

West Leederville

In relationships, effective communication is the avenue through which people express their wants and needs, listen to others to understand and get along overall.

Communication is always a two-way process – both sender and receiver need to be actively involved. This session covers the basic principles for communicating with those around you to gain clarity and achieve respectful relationships.

This workshop looks at:

- components of communication, both verbal and non-verbal
- barriers and roadblocks – why communication can break down
- new skills in communication which include a shift in attitude
- problem solving techniques and opportunities to practice them.

This is an excellent introduction to understanding basic communication.

When:	Monday 16 May 2022 OR Wednesday 15 June 2022
Time:	6.30pm – 9.00pm
Where:	WEST LEEDERVILLE – Level 1, 22 Southport St
Cost:	\$30 per person

Bookings are required. Please phone 6164 0200 or visit our website to enrol.