

Communication in Relationships

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 session 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.

Where: WEST LEEDERVILLE - Level 1, 22 Southport Street
When: Monday 29 November 2021
Time: 6.30pm - 9.00pm AWST
Cost: \$30 per person

Bookings are required. Please phone 6164 0200 to enrol

For more information about our courses and workshops, please click [here](#) or visit www.relationshipswa.org.au

Relationships Australia.