

Speak Up - Taster Session

Communication and assertiveness

Thursday 11th March 11am - 12pm on Zoom

The Speak Up taster session will begin to look at communication skills and the power of language.

This training will cover:

- Verbal and non – verbal communication such as speaking, body language, signs and symbols
- Understanding the important principles of yes and no techniques from Neuro Linguistic Programming (NLP)
- Exploring listening skills such as active listening
- Passive and aggressive behavioural traits
- Space and power dynamics
- Assertiveness and speaking up for your own wants and needs

To book your place please email
events@care4carers.org.uk or call **0131 661 2077**
The Zoom links will be sent out once you have
booked.