

Conversations for Change



Do you sometimes feel misunderstood or that you are not being heard?
Are you finding it difficult handling life's most challenging conversations?
Want to develop new skills and strategies to make those conversations easier?

WHAT'S THE COURSE ABOUT?

Conversations for Change will introduce you to skills that can open up productive and meaningful discussions with partners, family, friends and work colleagues.

WHAT CAN YOU EXPECT?

Through information sessions, practical exercises, group discussions and brainstorming we will explore:

- The types of difficult conversations we find ourselves in
- How difficult conversations were handled in our family of origin
- A "road-map" for approaching difficult conversations

WHAT WILL YOU LEARN?

- How to plan for handling difficult conversations rather than avoiding them using our "road-map for holding successful difficult conversations"
- Ways of exploring the situation, acknowledging feelings and emotions, and coming to agreement about a way forward
- Ways to stay calm and focussed during a difficult conversation

"Remind yourself that if you think you already understand how someone feels or what they are trying to say, it is a delusion. Remember a time when you were sure you were right and then discovered one little fact that changed everything. There is always more to learn."

"People almost never change without first feeling understood."

Douglas Stone

WHAT PEOPLE ARE SAYING ABOUT THE COURSE

"This was probably one of the most relevant & beneficial personal development & communication education experiences that I've attended. I enjoyed the brainstorming & opportunity to practice. The info seems so straightforward but I have never been aware of it."

"It was a good course and I will try to implement some of the strategies, even though it seems impossible with my ex. However, I will use my knowledge from today's course for other relationships in my life. I was comfortable in the group being my first course I have attended."

This workshop runs for one day.

COST: \$15 (includes lunch)

If you are unable to pay for course fees please talk with our intake worker or the course facilitator.

The Family Centre is committed to providing equal access to all the courses we offer.

CONTACT:

Bookings are essential

For further information on any of our courses or workshops please call 9am-12.30pm, Monday to Friday
(07) 5524 8711 or ask at reception.

For more information on the course program go to
www.thefamilycentre.org.au

Child minding is available upon request.