

## **Communication Skills Workshop**

25 August 10 am – 4 pm

Contact Karli Health Centre for price

Healthy lunch and refreshment will be provided

Refundable deposit required \$50 to secure your spot, book online

<http://karlihealthcentre.com.au/booking-class/> by 4 August

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### **Awareness (of self and others)**

- We all come from somewhere: What did you learn about how to communicate... as a child? As you grew up? As an adult? (Think, pair, share)
- Apart from the patterns we have here in this group, what other patterns have been learned by some of the people in the groups we will lead
- How may any of those patterns be problematic when out on a bushwalk? How may they be helpful?
- How might being out on a bushwalk affect communication? (Fear, fatigue, pain etc, as well as connection with self, others, nature, body etc)
- The more aware we are, the more choice we have.

### **Breathing**

- Between stimulus and response...
- Verbal attacks and limbic hijacking
- Pressing pause
- Two questions (Do I have enough information to freak out? Will freaking out help?)

### **Curiosity**

- What's actually going on here?
- Observations and Evaluations: filtering the flow of our thoughts
- Feelings and needs: What am I feeling? What needs underlie those feelings?
- What do I imagine the other person may be feeling? What needs might possibly underlie those feelings?
- Asking genuine questions

## **Decision**

- Values: what really matters? What kind of person do I want to be (generally)? And in this situation specifically, how do I want to treat others, my environment, myself?
- The choice point.
- Making Genuine Requests - signposts at the choice point

## **Expansion**

Just like me:

(Histories, stories, and communication patterns, Feelings, emotions and moods, Needs, Values)

## **Forgiveness**

- Shame keeps people stuck
- Needs trump values
- Growing values and learning curves
- Compassion, connection, courage.

**Practice/role play sessions to try your new communication skills.**