

Wellbeing: Listening Skills for Parents and Carers

Course overview

Communication with people can be challenging. Although words are exchanged things do not seem to be communicated or understood. Are you actually hearing what they have said or acting on what you think they said? Poor communication can lead to frustration, anger and not bothering to try anymore.

This course is ideal for parents and carers but also useful for anyone working with young people. You will learn how to use and model effective communication techniques and discover the importance of listening.

What will I study?

You will:

- explore what makes communication effective
- discuss why listening is so important
- get ideas around your child / client is really saying when they say “I don’t know”
- develop and practice your own listening skills
- analyse if you are hearing thoughts, feelings or facts
- use active listening to encourage sharing and opening up

Assessment method

You will participate in discussions, activities, Q&A and receive verbal feedback from the tutor throughout the workshop.

Entry requirements

This course is open to all. You will need a good understanding of English.

What should I bring with me?

You will need to provide your chosen method of note-taking such as a notepad and pen or a tablet.

Key information

Code	Date	Time	Location	Full Fee	Concessionary Fee
7016CP	Tuesday 27 April 2021 to Tuesday 25 May 2021	9.30am to 12.30pm	Dagenham	£0.00	£0.00

Possible next steps

Following the successful completion of this course, you will be supported to enrol on to other wellbeing or enrichment courses or signposted to another course suitable for you.

Contact us

Our friendly staff can give you further advice and support.



email: adultcollegeenquiries@lbbd.gov.uk



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