

# LLDD Life Skills: Relationships and Boundaries

## Course overview

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This course is all about our relationships with friends, family, partners, and work colleagues. It will help you to behave appropriately in different settings and with different people.

## What will I study?

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You will:

- discuss the difference between social, personal and work relationships
- be able to keep safe when forming new relationships
- understand how to keep emotionally safe through setting and maintaining boundaries
- cover dealing with difficult situations in different relationships

## Assessment method

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- Take part in Q&A sessions and short discussions to confirm your understanding
- Take part in classroom activities and role plays
- Your tutor will give you verbal and written feedback throughout the course

## Entry requirements

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You should be able to:

- participate in class activities
- work with others
- follow instructions

## What should I bring with me?

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An A4 folder, A4 notepad and a pen.

## Key information

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Code	Date	Time	Location	Full Fee	Concessionary Fee
8709CP	Tuesday 5 January 2021 to Tuesday 30 March 2021	12.30pm to 3pm	Dagenham	£12.00	£12.00

## Possible next steps

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You will be supported to enrol on to other courses suitable for you following the successful completion of this course.

## Contact us

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)



call: 020 8270 4722