

Communication in Relationships

In relationships, effective communication is the avenue through which people express their wants and needs, listen to others to understand and get along overall. Communication is always a two-way process – both sender and receiver need to be actively involved.

This one-night seminar looks at:

- components of communication, both verbal and non-verbal
- barriers and roadblocks – why communication can break down
- new skills in communication which include a shift in attitude
- problem solving techniques and opportunities to practice them.

This seminar is an excellent introduction to understanding basic communication. Couples are particularly welcome.

It is recommended that participants and couples, who want to learn more, enroll in our longer courses, such as the six-week course, **Communicate Effectively**, and/or the eight-week course for couples, **Building Better Relationships**.

<p>JOONDALUP Lotteries House, 7/70 Davidson Terrace</p> <p>Wednesday 14 March 2018</p>	<p>WEST LEEDERVILLE Level 1, 22 Southport Street (corner Cambridge Street)</p> <p>Monday 9 April 2018</p>
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Time: 6.30 -9.00pm

Fee: \$30.00

Places are limited so please ring 6164 0200 to enrol