

survive & thrive

moving forward from interpersonal trauma

Week 10

Effective communication, looking back
and looking forward

Welcome back

- How has your week been?
- Any questions or concerns or successes to feedback?
- What happens next?



What we will cover today

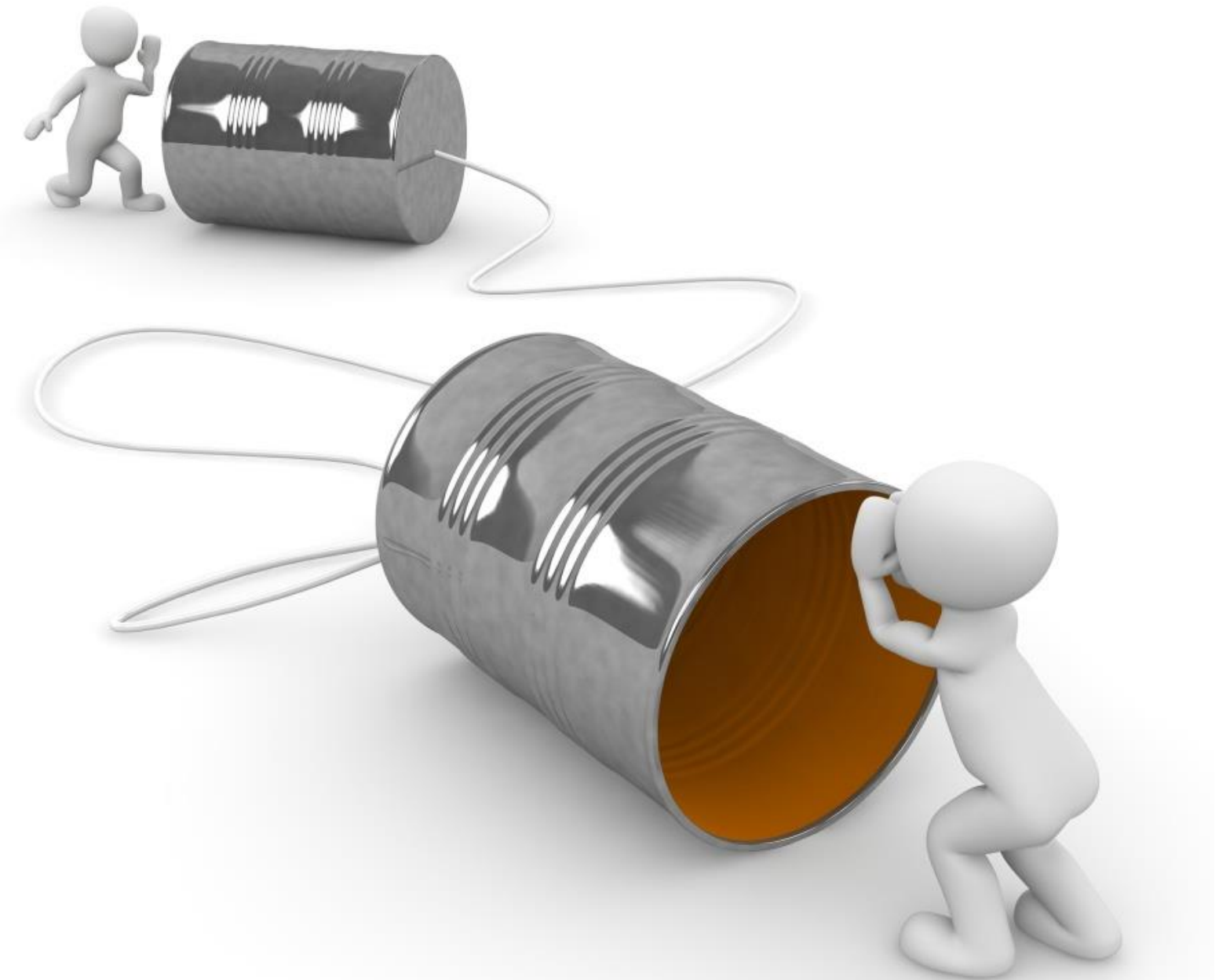
- Effective communication
- Patterns of communication
- Improving communication: assertive
- Your rights
- Future planning
- Looking back and looking forward

Getting into the 'green zone'



Effective communication

- This is about respecting yourself and others.
- Giving yourself and what you need as much value as you give others.



Why is effective communication important?

- It develops self esteem.
- It can stop us reacting overly aggressively.
- Not just saying 'yes' to everything, makes us feel less stressed.
- Expressing our feelings leads to us feeling less frustrated inside.
- People who communicate effectively generally appear confident.
- How is communication different on social media or by text?

Patterns of communication

1. Look at the communication style questionnaire.
2. Fill it in.

Types of communication



Improving assertiveness

- Body language
 - Eye contact
 - Speech pattern
 - What to say...
- Saying No!!!
 - Recognising you are saying no to the request not the person

Your rights

- Have a look at the handout on your rights
- What do you think?



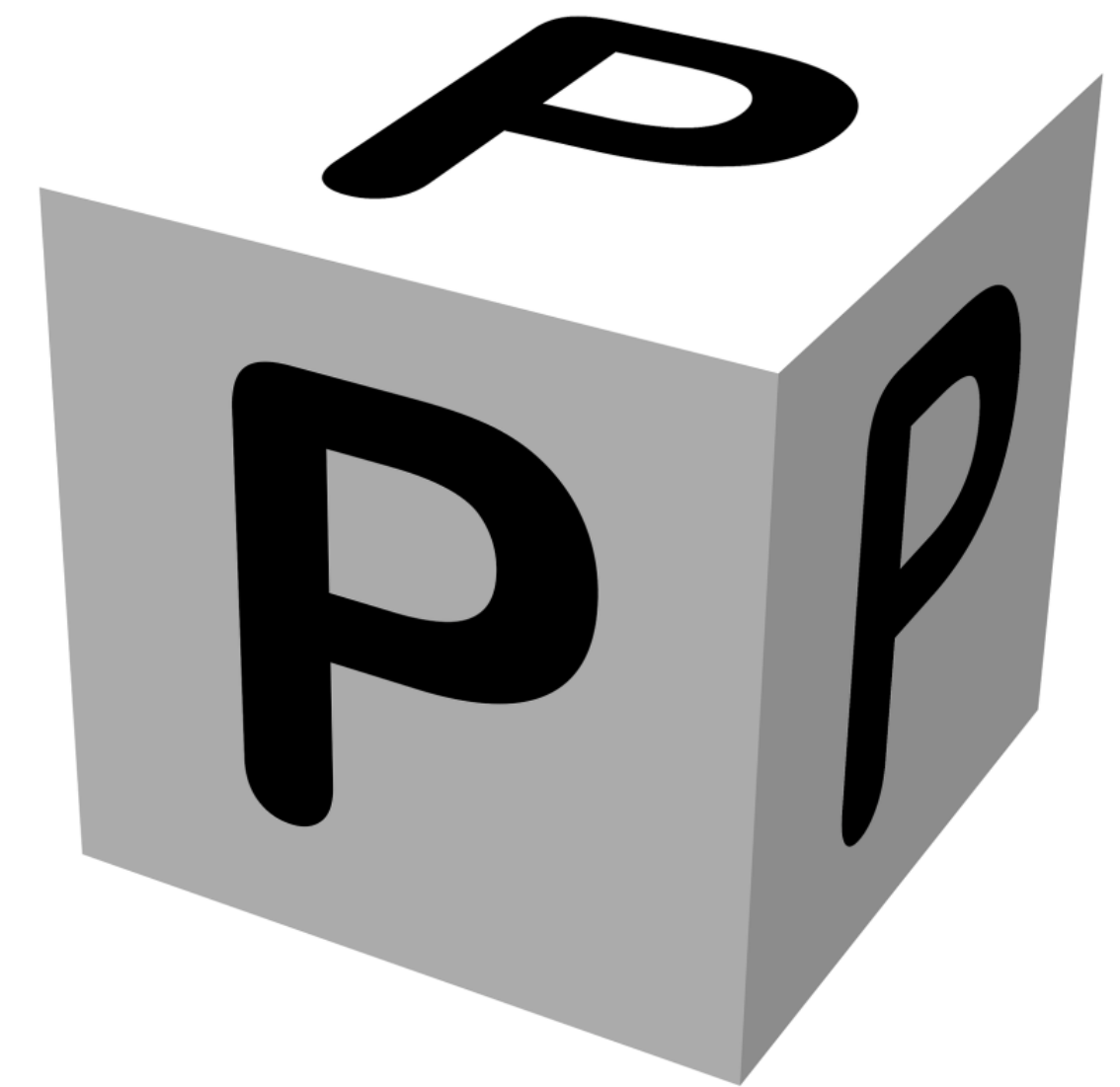
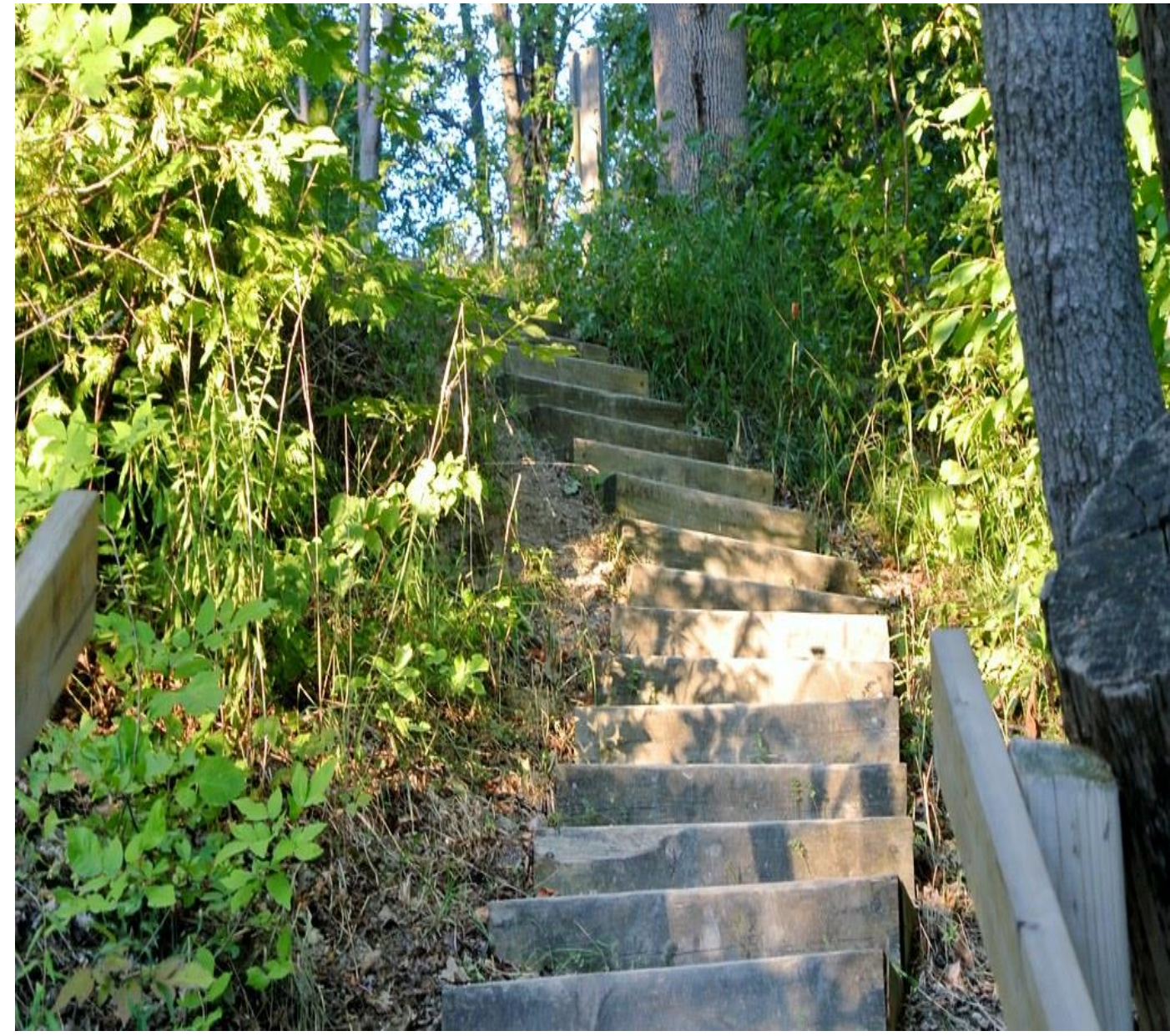
Exercise

- What is your communication style?
- Do you need to think about working towards changing that?
- Use the exercise in the pack in order to start that progress towards that, if it is safe to do so.

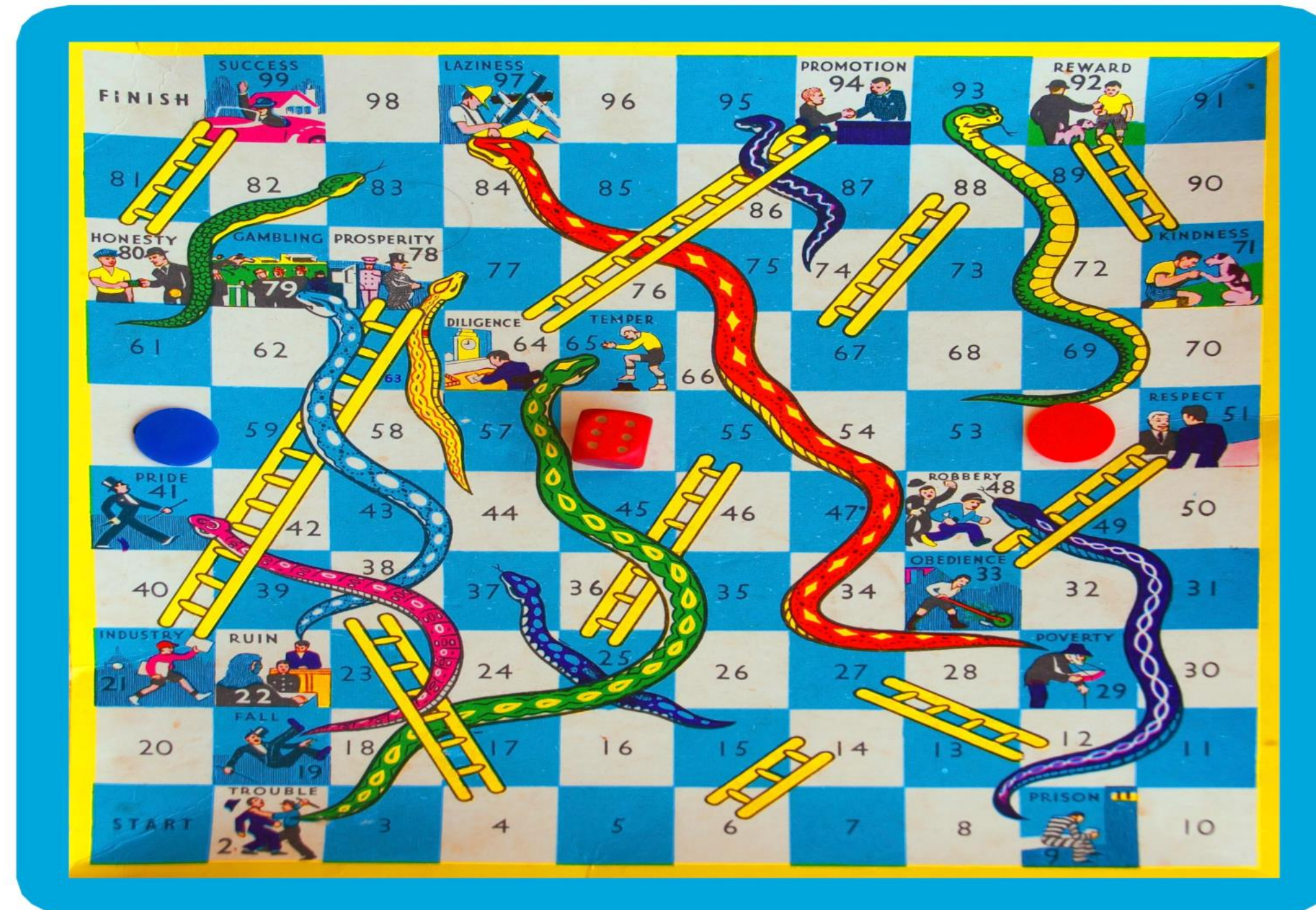
Future planning

- What are the 3 main things you have learned from the course?
- What are the main things you would like to take from the course
 - What will you do today?
 - What will you do next week?
 - What will you do next month?
 - What will you do next year?

Step by step



More ladders, less snakes



A moment to practice your skills



Looking forward...

What next?



A final thought

“Do not go where the path may lead,
go instead where there is no path
and leave a trail.”

Ralph Waldo Emerson



THANK YOU