

Group Training

Social Skills

Socialising is a skill that needs to be learnt and not expected.

This workshop-style presentation will support people to understand how their own behaviours and words are likely to be received by another person. With this awareness we can then examine our own style of interaction.

Humans are complex social beings and many of us have difficulties understanding why people say and do certain things. Some find this more challenging than others and can become anxious when interacting with other people.

Friendships with peers and communication with others are very important to any person's development, vitality and joy. If social interaction is not one of your child's strengths, this course is designed to provide them with the tools they need to feel calmer and more confident in social situations.

This course will help them to understand why they find certain social situations challenging and how to change their behaviour so they will be more readily accepted, understood and included.

Outcome:

An increased awareness of how our interactions may be impacting on other people. If we understand how our behaviours are likely to be received by others, we are more likely to choose behaviours that will lead to acceptance and inclusion rather than rejection and exclusion.

Topics covered:

1. Which social situations do I find difficult?
2. Voice volume, non-verbal communication and body language
3. Rules governing personal space
4. Winning and losing
5. Good versus bad sportsmanship
6. Choosing friends
7. When other people break the rules
8. How to react when I make mistakes or other people make mistakes
9. Give and take in friendships and social interactions
10. How to interpret sayings that weren't meant to be taken literally
11. How to ask for clarification on what message I think I received
12. Options when I find myself in difficult social situations
13. Taking responsibility for my own behaviour and its results At the end of the program each participant will have a workbook individualised to their specific needs so that they have a resource to refer back to in the future

Cost:

Each session is AUD \$80.00 per person.

Location:

These group training sessions are available in-clinic at Fabic or on-site in schools, homes, organisations and workplaces. We are flexible and open to offering them when and where they are needed.

Audience:

Fabic social skills programs can be for young children, teenagers or adults and are age specific.

For more information or to book a course contact Fabic
on **07 5530 5099** or **info@fabic.com.au**.
Alternatively, you can find more on our website, **www.fabic.com.au**