



GROUP TRAINING: SOCIAL SKILLS



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

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

Friendships with peers and communication generally are very important to any person's wellbeing, development, vitality and joy. If social interaction is not your strength, this training is designed to provide you with the tools needed to feel confident and more at ease in social interactions.

This 10-week group training is presented in two parts of five group sessions each.

The first five weeks are a prerequisite for the second block of five weeks and there is a maximum of ten participants for all groups. This training will support people to understand how their own behaviours and words are likely to be received by others; with this awareness we can then examine our own style of interacting with people.

OUTCOME

An increased awareness of how our behaviours, words and all means of interacting can impact on other people. If we as a human race 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.

FIRST BLOCK OF 5 WEEKS – TOPICS COVERED

1. The what and why of social interactions
 - Why do we interact with other people?
 - What is the purpose of being with others?
 - Social interactions are part of the classroom of life
 - Call and response
 - Why are some social situations more challenging than others?
2. Every behaviour has a consequence
 - Introducing the FABIC Anxiety/Behaviour Scale and *FABIC I Choose Chart*
3. Building foundations for solid social interactions – what ingredients do I bring to any interaction?
4. Choosing who and what I spend time with
5. Language and how it impacts on others
 - Verbal communication – word content, volume, speed, tone and delivery
 - Non-verbal communication – body language, facial expression, gestures and posture
 - Intended vs interpreted message

SECOND BLOCK OF 5 WEEKS – TOPICS COVERED

1. Competition and comparison – there is no such thing as winning and losing or better and lesser; when our relationships are about the classroom of life, we are all winners
 - Winning and losing
 - Sportsmanship
2. Common life lessons in social interactions
 - When other people break rules – what do I do?
 - How to respond when I other people make mistakes
 - Personal space
 - Give and take in friendships and social interactions



For more info or to
book, contact FABIC

07 5530 5099

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These workshops will allow participants 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.



To book or for further inquiries please phone **(07) 5530 5099** or email **info@fabic.com.au**

For further info visit **fabic.com.au**

- How to interpret sayings that weren't meant to be taken literally
- How to ask for clarification on what message I think I received
- What do I do when I find myself in difficult social situations?

3. Taking responsibility for my own behaviour and its outcomes
4. Friendships and relationships are about supporting all to live and reach their full potential

WHO WILL BENEFIT?

The FABIC Social Skills Group Training* is tailored to any person's interactional skills, whether that be with peers, colleagues, family or community. We are all spending time with people, sometimes successfully and other times not.

*Maximum of 10 people per group

COST

Cost varies according to course size and location. Please contact FABIC for details.

LOCATION

These group training sessions are available:

- Via telehealth video for individuals joining a group
- Face-to-face at your location if you have a specific group of people (travel costs apply)

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 **fabic**
PUBLISHING

Books and products that bring about lasting behaviour change to live and reach our true and full potential.