



Social Skills Development Program

Positive social behaviour for a successful future

Positive social interaction is essential to learning and future success. In work, school and university, individuals are required to draw on social and emotional intelligence skills in order to effectively communicate, problem solve and collaborate successfully with others. Our workshops will provide skills for people of any age, culture or personality to be successful in communicating and understanding in a western cultural context.

SWOT ANALYSIS

Communication Competence Skills

1. Active listening
2. Expression of ideas
3. Non-verbal communication

Conflict Resolution Skills

1. Difficult people & situations
2. Winning and losing well
3. Handling peer pressure

Interpersonal Skills

1. Conversation
2. Collaboration
3. Empathy

Problem-Solving Skills

1. Decision making
2. Social responsibility
3. Asking for help
4. Adaptability

CASE STUDIES

ACTION PLANS

SURVEYS

ROLE PLAYS

REFLECTION