

Saturday 15th October 2022

10am - 4pm

Tutor: Ruth Barnett

Fee: £45 plus materials



This workshop is all about how we talk to one another.

Sounds simple? Most of our interactions happen with us being unaware of the subtleties. How do we speak? How do we listen? How do we say what we mean and how do we respond? In this session we will go back to basics to equip you to make the most of interactions in your life. We will work on different techniques to enable you to feel more confident in day-to-day exchanges. Listening is a vital element in being a 'good' human being so we will learn through practice and discussion.

About Your Tutor

My name is Ruth Barnett. I have been teaching interactive skills and theory to adults and young people since 1985 from taster sessions through to Diploma level. I have worked in adult prisons and at The Equality and Human Rights Commission. I am a qualified Person-centered counsellor subscribing to the work of Carl Rogers who believed that effective listening with minimal intervention is the key to successful therapy. As well as tutoring professional counselling students, I have encouraged learners to get the most out of conversations, at work, at home and socially. To see how people change through practice and self-development pleases me no end.

What you need to bring to the session

Your ears and eyes

An open mind

A willingness to change habits of a lifetime

The intent to learn at least one thing

Notebook and pen (optional)

How to book

You may enrol by:

- Phone: 01954 288751
- Email: community@astreacottenham.org

Course fees are payable in full at the time of booking. Bookings and course fees must be made at least 5 working days before the start of the course.

Ways to pay

- Payment can be taken by cheque, payable to Astrea Academy Trust or by credit/debit card in person at Cottenham Village College.
- Credit/debit card payments can be taken over the telephone on 01954 288751

Please note refunds can only be made if a class is cancelled or closed.

Terms and Conditions

Full terms and conditions can be found on our website:
<http://community.cvcweb.net/home/learner-information>

Equalities Statement

The Trust operates an Equality of Opportunity Policy. We believe everyone is entitled to learn in an environment that is free from discriminatory behaviour so that we build a learning community based on mutual respect and trust. Please contact us in confidence to discuss any support you may need.