

This program is based upon the NewStart Life Skills Program.

The Saskatchewan NewStart model of Life Skills was developed in the late sixties and early seventies in Prince Albert, Saskatchewan, as a joint initiative of the federal Department of Manpower and Immigration and the Saskatchewan Department of Education.

The intent was to design an effective system of delivering adults basic education to disadvantaged populations.

The designers – educators, psychologists and counsellors – developed an experiential approach that incorporates specific skills, a sequence of skill development and specific problem solving systems.

That approach has since been adapted to make the training relevant to anyone wishing to develop and improve communication and problem solving skills.

Contact:

Michelle Obre: For Registration and Information

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Life Skills For Everyone!

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Other Life Skills For Everyone Programs:

Assertive Communication In A New World

Resolving Conflict In Our Lives

Form: ASCIANW Ver. 1.9 - 090916

Life Skills

For

Everyone!



Assertive

Communication

In A

New World

“Learning never exhausts the mind”

Leonardo Da Vinci

Assertive Communication

In A New World Program

How do you express yourself to others?

What would you like to change?

How assertive would you like to be?

How do the people around you respond to you when you communicate with them?

How often do you get misunderstood?

How often do you get frustrated in your communication?

The program will help participants in developing skills for effective and non-threatening communication to achieve positive results in their inter-personal relationships in the 3 areas of our lives, family, social and work.

Communication is a very important component of our life, whether we are communicating with customers, friends, family, co-workers and members of our community. In this program, we will learn effective communication and expressing ourselves assertively.

We will learn how to:

- Get information
- Develop listening skills
- Get in touch with our emotions and expressing them positively
- Giving feedback
- Harmful and helpful behaviours
- How our behaviours affect others and how others behaviours affect us
- Handling conflict
- Relationships styles and how we fit into them
- Taking back control over our decisions
- Assumptions
- Communicating for success

We will learn this through role playing, experiential learning, peer and group evaluations. The program will be a positive, equal, non-judgmental, fun and safe environment. Everybody will learn something new about themselves, develop a greater level of self-awareness and learn about choices we have in interacting with others to create positive environments if we choose. Post program support will be there to help in continuation of skill development and transfer of skills from the learning stage to the actual working stage.

Seating Limited To 14

Duration: approximately 36 - 40 hours

Registration forms can be obtained by contacting Michelle Obre.

Some employers will sponsor/reimburse participants for all or some of the fees.

“Everyone wants to tell you what to do and what’s good for you. They don’t want you to find your own answers, they want you to believe theirs.”

Socrates from The Peaceful Warrior by Dan Millman

Develop an attitude of gratitude, and give thanks for everything that happens to you, knowing that every step forward is a step toward achieving something bigger and better than your current situation.

Brian Tracy