Communication Skills for Families

Overview/Description
Communication is a fine art that we often take for granted. It takes more than physical and verbal abilities to communicate. It takes energy along with the ability to offer support and demonstrate understanding and compassion when communicating within your family. Whether it’s an expectation, emotion, question or other message, openness and willingness to communicate improves overall quality of family communication.

Target Audience
Parents and anyone interested in improving their communication skills.

Expected Duration
45-60 minutes

Workshop Objectives
At the end of this workshop, you will be able to:

1. Identify the elements of good family communication
2. Describe your family’s relative strengths/weaknesses
3. Identify different styles of communication within families
4. Describe how families pass on communication styles
5. Identify ways to enhance communication in your family
6. Describe how to listen more effectively to family members
7. Identify the steps for effective problem solving within the family
8. Describe effective family conflict resolution strategies
9. Describe the use of “I” statements to reduce defensive reactions
10. Describe effective family conflict resolution strategies
11. Describe helpful tips for improving family communication
12. Describe the use of structured family meetings
13. Describe the use of games to improve family cohesion
14. Describe the power of praise and acknowledgment