

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:

Identify the elements of good family communication

- Describe your family's relative strengths/weaknesses
- Identify different styles of communication within families
- Describe how families pass on communication styles

Identify ways to enhance communication in your family

- Describe how to listen more effectively to family members
- Identify the steps for effective problem solving within the family
- Describe effective family conflict resolution strategies
- Describe the use of "I" statements to reduce defensive reactions
- Describe effective family conflict resolution strategies

Describe helpful tips for improving family communication

- Describe the use of structured family meetings
- Describe the use of games to improve family cohesion
- Describe the power of praise and acknowledgment