

nurturing potential



Session: 'Relationships & Communication'

Pre-session Preparation

Confirm personal understanding of steps 4-6 from the 7 Habits of Highly Effective People.

Learning Objective

To discuss, understand and experience the importance of effective and efficient communication as a vital part of having good relationships throughout your life, and the key elements to support this.

Two minute recap of previous sessions.

Hand out 'Relationships & Communication' Session worksheet for personal notes

Ask children to write their name, date, and session number on the top of the sheet

Questions for Pupils (Ask pupils to write answers on their worksheet)

Identify relationships participants currently have in their life – extend outside family, for example, School, clubs. Identify two or three relationships relevant to the group; for example, friends, teachers, parents and ask them to discuss the following in smaller groups to present back to the group. They may act out a scenario if there is time to demonstrate their understanding.

Discuss: the concept of "first seek to understand"

Listening to others to understand their point of view before responding, making sure that you are listening rather than thinking about what you want to say. If you forget what you were going to say, it's no longer relevant.

Discuss: the concept of "being understood"

How to make your contribution ensuring it is relevant to what has been said before and making every word matter.

Discuss: how "to first be understood"

When you have something you need or want to say, how to politely and constructively go about being heard. If others aren't listening, practicing humility and stepping back, rather than getting upset.

Discuss: looking for the "win/win" solution

How do we make sure that wherever possible the best possible solution is achieved for everyone? You may not agree but show support for the decision.

NB: School is a win/win – Teachers want you to do well, and know how they need you to behave and respond to make sure that they can teach what needs to be covered.

Discuss: "where questioning and discussion is not always an option – what would some of these be and why?" For example, matter of emergency, being instructed how to do something by those with more experience.

Relate this session to the **thoughts, words and actions** discussion from the 'personal responsibility' session - what to say and how to say it to yourself and others. What not to say, how others might react including sharing things about yourself – protecting yourself from getting hurt

All conversations and interactions with others are a form of relationship – however brief. For example, shop assistant – you can make a difference to someone's day if you know how to communicate effectively and treat them with respect.

Relaxation – Last 5 minutes

Close session thanking participants for their time and contributions.

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Name:	Date:
Session Number:	Session Name: Relationships & Communication

To discuss and understand how effective communication skills will improve the quality of all of your relationships.

Communication:

The aim of good communication is to get the best solution for all of those involved this is called – looking for a win/win solution.

First understand what the other person or persons have to say.

What the skills you need to use to do this successful. Identify a situation for the relationships identified.

Sometimes you may want to first be understood.

What the skills you need to use to do this successful. Identify a situation for the relationships identified.

Look for the win/win solution – Looking for ways that benefit everybody in some way.

What the skills you need to use to do this successful. Identify a situation for the relationships identified.

There will be some occasions where questioning and discussion is not always an option – what would some of these be and why?