



Communication Skills Enrichment

The Communication Skills Department strives to enhance and expand the interpersonal skills of Leaders and Leader Applicants in ME and NH by offering Communication Skills Enrichment (CSE) workshops presented by trained Instructors.

Communication Skills workshops are designed to help those who attend improve and develop their skills in areas such as oral presentation of information, attentive listening, empathetic responses and attending behaviors. The fundamental principles are genuineness, respect for the individual and empathy. Interactive practice is led by trained Communication Skills Instructors (CSIs). The emphasis is on “doing” instead of “talking about” doing.

FOUNDATION Communication Skills Enrichment Workshop *Free to Leaders and Leader Applicants, \$25 LLL members and their spouses, \$50 all others*

Learn about attending behavior, body language, identifying feeling and reasons for feelings. Learn to make summary statements, ask and answer questions and impart information. Learn to compose “I” messages, set limits and do problem solving. (one full day or two half days)

Building Blocks *See above for pricing*

This is another way to learn the skills presented in the Foundation Workshop. Eleven email-based lessons topped off by a single three-hour in-person workshop.

ASSERTION POWERS (prerequisite: Foundation) *Free to Leaders and Leader Applicants, \$15 LLL members and their spouses, \$30 all others*

Understanding assertion, communicating expectations and needs, handling defensiveness. (4 hours)

CONFLICT RESOLUTION (prerequisite: Foundation) *Free to Leaders and Leader Applicants \$15 LLL members and their spouses, \$30 all others*

Understand anger, deal with differences, I-messages, setting limits, mutual problem solving. (3 or 4 hours)

Additional Workshops offered for Leaders and Leader Applicants only

MEETING FACILITATION *Free to Leaders and Leader Applicants*

Learn the essentials of leading productive meetings of all sorts: how to choose a seating plan, craft an agenda, open a meeting, promote discussion, and respond to the mood of the group. (1 1/4 hours)

INTERACTIVE GROUP LEADING *Free to Leaders and Leader Applicants*

Evaluate your own group leading skills; generate open, non-threatening discussion; deal with difficult people through role playing; get and keep control of the meeting. (3 hours)

And, a workshop for parents:

COMMUNICATING WITH OUR CHILDREN *\$30 for Leaders, Leader Applicants and their spouses, \$60 all others*

Skills for talking to children age 4 and up.

Part 1: Learn to listen to and understand children’s feelings, examine ways to encourage their independence and self-esteem. (3 hours)

Part 2: Encouraging children’s cooperation. Learn to give praise and move children to action. Practice expressing your own feelings and setting limits. (3 hours)

Who may take CSE sessions?

Anyone may take CSE sessions. Leaders and Leader Applicants find the skills useful when working with an LLL Group or one-to-one. Husbands or partners can take CSE, too. Parents often find the skills helpful in their family relationships. Non La Leche League groups may also contact a CSI for session arrangements.

Continuing Education Units:

Leaders and Leader Applicants can earn LLL Alliance Leader Continuing Education Units (CEUs) for participating in CSE Sessions. There is no charge for these credits.

For more information, contact: Kathy Drury, 603-891-3530, LLLKathyD@gmail.com