

### Session 3

*Friday 12th March*

*10:30 - 12:00*

- *Managing your mood*
- *Anxiety - OCD, panic, phobias*
- *Depression*
- *Stress and causes of stress*

### Session 4

*Friday 19th March*

*10:30 - 12:00*

- *How to improve your relationships*
- *Values and beliefs*
- *Goal setting*
- *Wrap up / feedback*



*Clare McNally*  
*Chartered Clinical*  
*Psychologist*  
*Denise O'Sullivan*  
*DASH Co-Ordinator*  
*and Support Worker*

# Short Course

Inter-personal skills training  
workshop

## Dates

*26th February and  
5th, 12th & 19th March*

*10:30 - 12:00*

*(15 minute break in the middle)*

## Venue

*Thanks to our hosts,*

*Farleigh College (Priory  
Group) Fairview House ,  
43 Bath Road, Old Town,  
Swindon, SN1 4AS*

## Session 1

*Friday 26th Feb*

*10:30 - 12:00*

- *Topics of conversation*
- *Active Listening*
- *Verbal and non-verbal communication*

## Session 2

*Friday 5th March*

*10:30 - 12:00*

- *Dealing with aggression and bullying*
- *How to stand up for your rights*
- *How to give feedback*
- *How to deal with criticism*