

Course details

Course title

Personal Development: Everyday Life Skills - Interpersonal Skills

Course code

Q00017750

Course date

Start: 25/02/25

End: 22/04/25

Number of classes

9 sessions

Timetable

Tue 25th Feb, 13:00 to 17:00

Tue 4th Mar, 13:00 to 17:00

Tue 11th Mar, 13:00 to 17:00

Tue 18th Mar, 13:00 to 17:00

Tue 25th Mar, 13:00 to 17:00

Tue 1st Apr, 13:00 to 17:00

Tue 8th Apr, 13:00 to 17:00

Tue 15th Apr, 13:00 to 17:00

Tue 22nd Apr, 13:00 to 17:00

Tutor

Katie Dexter

Fee range

Free to £189.00

How you'll learn

You'll join a small group of fellow learners for classes at the venue indicated. Some materials may be provided in our virtual learning environment.

Got it!

In venue

Venue

NST Hub (North Somerset Training Communi
31 Alexandra Parade
Weston-super-Mare
BS23 1QZ

Level of study

Beginners

Course overview

Have you always wanted to become more skilful when communicating with others? This course will help you to understand what is meant by interpersonal skills and how to be more effective when interacting with other people in a variety of situations. Every individual has a personal style and an interpersonal style. Some people are more successful than others at using interpersonal skills for specific, desired results. This course will offer you the opportunity to practice speaking in different life situations, helping you to gain confidence and be more prepared for the conversations you may find most challenging, including interviews and/or difficult conversations with the people who are close to you.

Course description

This supportive and inclusive course will help you to understand what is meant by interpersonal skills and how to be more effective when interacting with other people in a variety of situations. Every individual has a personal style and an interpersonal style. Some people are more successful than others at using interpersonal skills for specific, desired results. This course will offer you the opportunity to practice speaking in different life situations. During this friendly and inclusive course, you will be supported to recognise behaviours that help you become a better listener. You will be encouraged to consider situations where you would like to communicate with more confidence and develop the skills to do so. You will get the chance to work with others in the group to work and communicate as part of a team. You will also develop a clear understanding of the word empathy and will have the opportunity to participate and experiment in role play, during which you can prepare for different types of conversations. By the end of the course, it is hoped that you will not only have better social skills but feel more able to set boundaries and have your voice heard.

What financial support is available?

We don't want anything to stand in your way when it comes to bringing Adult learning within reach so if you need anything to support you to achieve your goals then speak to one of our education experts during your enrolment journey. Most of our courses are government funded but if you don't qualify or need alternative financial help to access them then let us know.

What other support is available?

All of our digital content, teaching and learning activities and assessments are designed to be accessible so if you need any additional support you can discuss this with the education experts during your enrolment journey and we will do all we can to make sure you have optimal access.

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