

## Training Programme Coaching Conversation Skills for Carers CCS1553

Thursday 22nd & 29th October, 5th, 12th & 19th November 2015  
and a follow-up session on 4<sup>th</sup> February 2016

*Are you fed up with “walking on egg shells” and would like to try another way?*

**Are you interested in trying a coaching method to have different conversations with the person for whom you are caring?  
This approach can complement treatment and therapy.**

The benefits for those in your care include helping them to:

- Make more informed choices
- Take more responsibility for their daily activities
- Consider things from different perspectives
- Manage challenging situations

The benefits for you as a carer include:

- Building a repertoire of personal techniques and skills to support you in your caring role
- An opportunity to practise core coaching conversation skills in a supportive environment
- Helping you to have more productive conversations

### Eligibility

You must be:

- Caring for someone who is being treated within South London & Maudsley NHS Trust
- Able to attend all the sessions

**Places:** 21 – applicants considered on a first come, first served basis  
**Venue:** Training Centre, Reay House, Lambeth Hospital, SW9 9NU  
**Times:** 6.00pm – 8.30pm  
**Cost:** This programme is being funded by SLaM and delivered by Slam Partners  
**Closing date:** 9<sup>th</sup> October 2015

To apply or for further information please contact:

Christine Tedder, Business Manager, Slam Partners  
by email: [Christine.tedder@slam.nhs.uk](mailto:Christine.tedder@slam.nhs.uk)  
by phone: 020 3228 0969