



ABERDEENSHIRE ADP

Online Enhancing Core Communication Skills

THIS SESSION IS ONLY FOR THOSE LIVING AND WORKING IN ABERDEENSHIRE. IF YOU ARE OUTWITH THIS AREA PLEASE SEE OUR TRAINING CALENDAR TO VIEW AVAILABLE COURSES.

Overview

This facilitator led course allows for the opportunity to practice core communication skills with a focus on expressing accurate empathy through reflective listening skills. Good empathic listening is fundamental in the helping relationship..

Aims

To practise core communication skills with a focus on expressing accurate empathy through reflective listening skills.

By the end of the course you will be able to:

- Observe & debrief a demonstration of the interpersonal style and core communication skills used in a helping relationship.
- Practise the interpersonal style and primary core communication skills.

Date: 26th January 2026

Time: 9.15am - 3.30pm

TRAINING WILL BE DELIVERED VIA MICROSOFT TEAMS

Booking Information:

To book a place please follow this link: [ECCS 26TH JAN 2027](#). You will have to create an account if you don't already have one.

Please email: Mariem@sdf.org.uk if you have any general queries about this event.

Please make sure you can attend if you book a place. Courses are very popular so if you find you are unable to make it then **please let us know as soon as possible** so we can allocate your place to someone on the waiting list.