



Aberdeenshire ADP

In-Person Enhancing Core Communication Skills

THESE SESSIONS ARE 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.

Aim

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.

Dates: 23rd September 2026, 5th November 2026

Time: 10am – 4pm

Venue: Formartine House, Union Street, Ellon AB41 9BA

Booking Information:

To book a place please follow the appropriate link below for the session you wish to attend. You will have to create an account if you don't already have one.

[ECCS 23RD SEPT 2026](#)

[ECCS 5TH NOV 2026](#)

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