

# Supportive Communication Workshop

## About:

Learn how to render support, both verbal and nonverbal, in times of stress or any other distressing events.

## Module 1: Introduction to Supportive Communication

- Learn the components of supportive communication

## Module 2: Elements of Supportive Communication

- Non-verbal communication
- Listening & responding
- Giving feedback

## Module 3: Self-Care

- Learn different categories of self-care and how to apply it.

## Supportive Communication demonstration & role play



Duration: 4 hours  
Group size: 10 to 40 persons  
Cost: \$120 per person (before GST)  
Mode of delivery: On-site

Sign up now



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[academy@redcross.sg](mailto:academy@redcross.sg)