



BEFRIENDER SKILLS

A foundational course for those in helping roles to build empathetic listening, emotional validation, and boundary-setting skills, enabling compassionate and confident peer support in community settings

COURSE DETAILS

 4 hrs

 S\$120/pax

 Minimum 10 to maximum 30 learners

 Available in Physical and Online Format

JOIN NOW



Contact Details

 +65 8020 7130

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LEARNING OUTCOMES

By the end of this course, learners will be able to:

- Develop an awareness of boundaries and ethical considerations in befriending relationships
- Deliver empathetic and supportive responses that validate the befriended person's feelings
- Identify techniques to maintain positive and supportive befriending relationships

COURSE STRUCTURE

01

Introduction to Befriending

Explore the role, value, and ethical foundations of befriending, including key skills needed to build supportive relationships

02

Communication Skills for Befrienders

Learn essential communication techniques such as active listening and emotional validation to build trust and empathy

03

Cultivating & Maintaining Befriending Relationships

Discover ways to sustain positive connections, manage boundaries, and apply self-care in ongoing befriender roles
