



SINGAPORE RED CROSS SOCIETY

INCORPORATED BY ACT OF PARLIAMENT SINGAPORE RED CROSS SOCIETY (INCORPORATION) ACT (CHAPTER 304)
PATRON - HER EXCELLENCY THE PRESIDENT OF SINGAPORE

Supportive Communication Workshop	
Course Duration	3 hours
Learning Outcomes	At the end of the course, learners should be able to identify: <ul style="list-style-type: none">• Introduction to Supportive Communication• Elements of Supportive Communication<ul style="list-style-type: none">○ Non-verbal communication○ Listening & responding○ Giving feedback• Supportive Communication demonstration & role play• Self-Care using the CALMER framework
Cost	\$60 per person. (Price before GST)
Group Size	10 to 30 pax

Course Outline		
Time	Learning Objectives	Content
30 min	Understanding the importance of supportive communication.	Module 1: Introduction to Supportive Communication
45 min	Application of supportive communication.	Module 2: Elements of Supportive Communication
15 min	Break	
45 min	Application of supportive communication.	Module 3: Supportive Communication demonstration & role play
15 min	Break	
30 min	Understanding the importance of self-care	Module 4: Self-Care using the CALMER framework.
	End of session	