

Relate Derbyshire Training Service

With the Support of The Lloyds TSB
foundation for England and Wales

We can offer eight one day courses

Effective Support - offers a framework and the skills necessary in helping others in private or work situations, with a focus being on effective communication

Taking charge of your life - Develops assertiveness and helps learners to understand aspects of life that are difficult

riding the storm - develops skills to understand and deal with communication problems between parents and teenagers

Stress management - defines stress and gives people skills to deal with the effects

From partners to parents - to help new parents make the transition

Parents apart - to examine the impact of divorce and separation on children and parents and help maintain positive relationships

We have eight one day courses to offer to individuals within organisations and members of the general public..

The courses can be of benefit to parents, people suffering from low self esteem or anxiety, and anyone requiring self-esteem/assertiveness or communication skills training. The effective support course offers counselling skills for anyone working in an advisory or supportive capacity.

We will also contribute towards venue costs where possible and refund some of the learner's costs to attend.

Learners will be offered Free counselling assessments (subject to availability), or ccbt (computerised cognitive behavioural therapy), post-training,

Please call 01246 555039 or e-mail FOR INFORMATION -
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