Alison Goldie - Courses and Classes

Soft Skills

Improve Self Knowledge and Communication

In this three-hour session, participants learn experientially through games and exercises how humans operate in communication with one another, and how they might influence and change how they are treated and perceived by choosing different behaviours.

Using tried and tested improvisation exercises we explore:

* how to initiate dialogue and keep it going
* the benefits of listening
* the effects of saying Yes, No and Maybe
* the nuances of status-interaction
* how to fit in and how to stand out
* how we are in pairs and groups
* how we might use what we learn in our own practice

The session is light-hearted and fun: you will learn pleasurably!

Suitable for young people and adults 16+. Can be extended. Cost: £400 for 3 hours (London). If further afield, negotiable.