

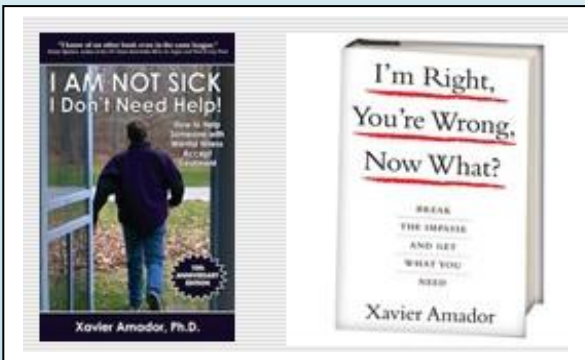


Are you Supporting Someone who has a Mental Illness?  
Learn To Leap™.

***FREE LEAP™ Training Workshop***  
*Presented by Supporting Families in Mental Illness*

**Thursday 15<sup>th</sup> March – 9am – 3pm**  
**Framework Training Room**  
**8 Kingsland Tce Kingsland**

**LEAP™** (Listen-Empathize-Agree-Partner™) shows you how to quickly build trust with someone you are in conflict with. When you Listen-Empathize-Agree-Partner™, you stop trying to force them to say he\she is wrong and you begin to listen in a new way that immediately lowers anger and defensiveness, conveys genuine understanding, empathy, and respect their point of view, even if you disagree with it. LEAP™ focuses on transforming the relationship first. You do not win on the strength of your argument, you win on the strength of your relationship.



**For information and to register for this workshop contact**

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*Comments from participants*

*"Great ideas to deal with stressful situations"*

*"I learnt how to react to different situations"*

*"Yes I think each time a person is diagnosed with a mental illness this course would be informative and helpful for family members"*

*"It gave practical solutions for my sons problems"*