

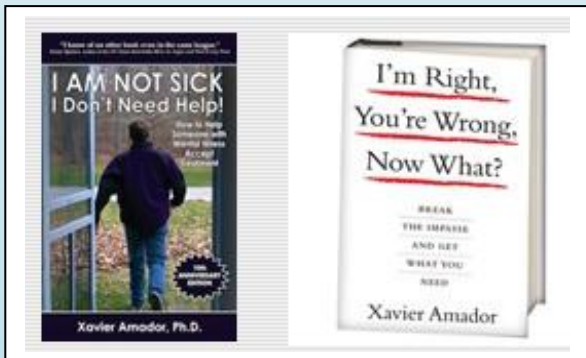


Are you Supporting Someone who has a Mental Illness?
Learn To Leap™.

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

Tuesday 6th March 9.30am – 3.00pm
YES Disability Resource Centre
3 William Laurie Place, Albany

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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Website: www.sfauckland.org.nz

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"