



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

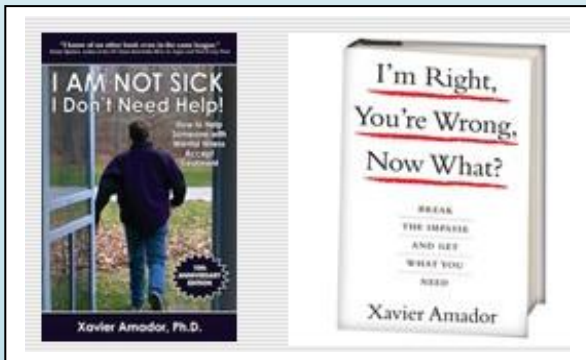
***FREE LEAP™ Training Workshop***  
*Presented by Supporting Families in Mental Illness*

**Tuesday 14<sup>th</sup> February 2012**

**9.30am -3pm**

**Matariki, 492 Great South Road, Otahuhu**

**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**

SFMI Auckland PO Box 78-122  
Grey Lynn  
Auckland, 1245 New Zealand.  
Tel: 09 378 9134 Fax: 09 378 6783  
Email: [admin@sfauckland.org.nz](mailto:admin@sfauckland.org.nz)  
Website: [www.sfauckland.org.nz](http://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"*