



A FREE Confidential Drop-in Service

Salisbury Methodist Church, St Edmunds Church Street, SALISBURY, SP1 1EF
A project of Salisbury Methodist Church, Registered Charity 1128567

We live in a busy world where there are so many pressures coming at us from all sides. For many people there is a longing for space to breathe, to talk, to be heard. If you would like to learn practical skills to improve your ability to 'listen well', this course is for you.

Effective Listening Practice

Where? Bemerton Methodist Church, Roman Rd, Salisbury SP2 9BH
Free parking available

When? Saturday 14 October 2017, from 9.45 am until 4.00 pm

This is Module 1 of the Listening modules produced by Acorn Christian Healing Foundation and participants will learn active reflective listening skills. Topics covered will include the following: Why is listening important? What is good listening? What is bad listening? Looking at feelings. Expression of feelings. Identifying feelings in groups. Listening activities. Principles and boundaries.

The Listening Place (www.thelisteningplace.org.uk) is offering the course on this occasion for a nominal fee of £5 per person, payable on arrival. Tea, coffee, squash and biscuits will be provided. Please bring your own packed lunch.

To enrol on the course or for further details, please contact

Mrs Monica Gillings: Telephone : 01722 743700

Email: monica.gillings@btinternet.com

"To be truly 'heard' is to be truly loved" (Wes Sutton, Acorn's Director)