

MEDIATION DORSET YOUNG PEOPLE'S TRAINING

The aim of our training is to:

- Build self-confidence, self-esteem & self-worth based on values of respect
- Enhance listening and communication skills
- Create opportunity, choice and self-actualisation
- Encourage awareness of community and cultural difference
- Raise awareness of the importance of human dignity and equality
- Focus and empower learners to explore and understand the impact of their actions
- Help lay the foundations for personal growth and change
- Encourage positive relationships in daily life
- Provide tools for effective conflict resolution in human relationships
- Look at anger and the management of anger



This is done in an affirming and positive way, through fun & thought provoking activities. Our training can be tailored to your needs with sessions in some or all of the following :

- Dealing with Bullies and Bullying
- Anger Management
- Self Awareness
- Improving Self Confidence
- Dealing with Other People
- Improved Communication Skills
- Understanding and Dealing with Conflict
- Conflict Resolution

We always offer the opportunity to discuss actual training needs & desired outcomes with the identified learners and/or their group co-ordinator in advance of any course.

For more information, or to arrange a meeting with our training team, please contact:

Mediation Dorset, 22 High East Street, Dorchester, Dorset DT1 1EZ

Phone: 01305 257717 Email: info@mediationdorset.co.uk

Website: www.mediationdorset.co.uk