

“Improved dialogue with Adolescents” Training program (English Material)

Course Length: 5 Hours @ 1 day

Adolescence is a period of upheaval yet full of promises. Every young person enters into conflict with the outside world, with the family, parents, adults, but also with himself.

During adolescence, the youth builds his personality and enters into the process of establishing his individuality in relation to his parents.

The parents encounter opposition to the values they wish to transmit and feel questioned. It is not only by installing strict and peremptory rules that one helps a young person to grow, it is necessary to communicate with him.

At the home and at school, one learns how to speak, how to be attentive but one does not necessarily learn how to communicate. However, communication is an art which cannot be improvised and our incapacity to communicate is frequently responsible for situations of incomprehension and conflict.

Non-Violent Communication is an excellent method for renewing the dialogue with teenagers and thus establishing a harmonious relationship with them.

Targeted Audience (who can attend)

Any person wishing to improve the communication techniques with Adolescents. Our recommendation; parents, teachers, educators.

Objectives and Contents

- To learn how to communicate in 4 steps: Observation, Feeling, Need and Request
- To learn how to deal with aggressiveness
- To know how to act in a conflict situation
- To know how to send a clear and effective message
- To learn how to say no
- To learn how to establish a relation based on respect
- To know how to negotiate with teenagers for a “win/win” situation
- To make requests in a positive, concrete and realistic way

How the training program will be achieved:

- the period of adolescence: a complex period; to know it is to better understand it
- favourable moments to communicate: how to choose the ideal moment

- verbal and the nonverbal language: how to use both
- observation and interpretation: how to differentiate between them
- Listening with empathy: how to give empathy to others and to oneself
- Emotions: how to identify and express them
- Needs: how to identify and express them clearly
- Reproaches: how to listen to them and how to answer