

Half-day  
workshop

Make every  
conversation  
count

## Are you looking to enhance daily conversations and build better relationships?

We understand that forming nurturing relationships is a meaningful, yet often challenging experience.

This half-day training, carefully designed by experienced practitioners, focusses on making every conversation count.

### Who is this training for and what does it involve?

Mellow Conversations is suitable for any professional whose daily work involves forming nurturing and supportive relationships.

From Social Work to Teaching, this fun and interactive training offers valuable techniques that are relevant to a wide range of disciplines.

This fantastic CPD opportunity aims to build on your existing skillset, with emphasis on using established and evidenced therapeutic methods including a strength-based approach and solution-led conversation, assisting you to work in unison with individuals and groups to achieve common goals.

It will also highlight the importance of self-compassion as a route to successful practice.

### After completing the training, you will be able to:

Lead solution focused conversations, empowering people to arrive at their own solutions

Implement agenda matching

Consider new approaches to build better relationships

Practise valuable new techniques applicable to everyday work

Reflect on what is meant by an 'empathetic approach'

Understand and apply self-compassion techniques for yourself and others

### What previous attendees have said:

"I have become more reflective in my practice and use myself to build stronger relationships with my families."

"My observation skills have improved greatly and I am able to focus more on the strengths of the families that I work with to help improve the attachment between parent and child."

"(I have become) more aware of how helpful it is not to jump in with answers when people raise questions, but to share in exploring together what might be going on, doing more wondering, and drawing out their experiences and thoughts."

Prices:

Individual: **£75** (Glasgow)

Group of 10: **£700** (Your location)

To book your place, or find out more, please get in touch by:

**email:** [enquiries@mellowparenting.org](mailto:enquiries@mellowparenting.org) **phone:** 0141 445 6066 **web:** [www.mellowparenting.org](http://www.mellowparenting.org)

*Mellow Parenting is an internationally recognised training organisation made up of professionals with a wide range of backgrounds including; Health Visiting, Nursing, Social Work, Psychology, Disability, Midwifery and Research. Mellow Parenting has won a number of awards, most recently the 2018 Maternal Mental Health Alliance (MMHA) award for best perinatal training provider.*