

## Engaging & Building Relationships

### Course Dates:

**Sessions:** Sunday 3<sup>rd</sup> February 2019 *OR* Monday 18<sup>th</sup> February 2019

**Course Time:** 9.30am - 4.30pm **Venue:** Challenge Wales office

### Summary:

This course provides an opportunity for volunteers working with Challenge Wales to explore and develop new skills around building relationships within youth settings. Aimed at developing an individual participant's insight into how engagement and relationships with young people can take place in the context of the Challenge Wales experience and how they can be managed; the training will explore new approaches into working practice and ensure volunteers are better able to support the development of the young people engaging with the voyages and Challenge Wales programme.

### Learning Outcomes:

#### Aim

To increase the confidence of participants and develop the necessary skills to have powerful conversations with young people that are engaging and help to achieve aspirations and goals.

### Objectives

*By the end of the day the participants will:*

- Understand the importance of engagement for individuals and teams
- Become more aware of your own engagement and how this impacts on others
- Understand the importance of trust as a basis for effective relationships and to explore approaches to building it
- Be introduced to a model and practise the skills of giving constructive feedback.
- Be able to practice the skills of using active listening
- Be introduced to resources that are available to help

Please email [Kerry@challengewales.org](mailto:Kerry@challengewales.org) to book your place or to find out more.