

# Getting a Grip on Communication



**iosis**  
transforming  
family life for good

A group programme for individuals and couples who want to learn how to resolve conflicts peacefully and develop supportive relationships.

[www.iosis.org.nz](http://www.iosis.org.nz)

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## About Getting a Grip on Communication

All of us need to connect with ourselves and with others, but communicating from the heart can be difficult. If we do not fully understand our own feelings and needs, how can we explain them to others? If we react to conflict by automatically blaming, judging, or dominating people, have we really heard what they are trying to say to us?

Getting a Grip on Communication is a group programme for people who want to learn how to communicate compassionately. You will learn how to understand your own deep needs and those of others, and how to create a level of connection where people know they are being heard.

### Topics covered

- Communicating compassionately with ourselves and others.
- Developing supportive relationships at home, at work, and in the community.
- Breaking patterns of thinking that can lead to anger, arguments and depression.
- Resolving conflicts peacefully.
- Being 'present' to others.

### Length of programme

Once a week for 8 weeks.

### Cost

This course is free.

### Referrals

Referrals can be made by anyone – self, family, doctors, lawyers, social workers, Oranga Tamariki.

### When

Term 4, 2022 Dates to be confirmed