

“Talking with . . .”

A workshop series hosted by trihealth.co.za

featuring guest presenter

Anne Cawood



Anne is an experienced social worker who worked at the parent Centre for several years and who has worked and counselled at top secondary schools in the Western Cape, South Africa. Trained to run Systematic Training for Effective Parenting (STEP) she's been involved in workshops on a host of topics. She is a popular speaker and is often invited to do presentations at schools, parenting workshops and on radio shows. She has written many parenting related articles for the print media, and presented lectures and workshops at the UCT Summer and Winter Schools. In her work she places a strong emphasis on problem-solving and life-skills training, and her workshops for children on topics related to self-esteem, assertiveness and peer relationships are very popular. She was also nominated for the “Woman of the Year” Award in 2010. Anne is married with four children and now has four grandchildren.

For more information please visit:

<http://boundariesinc.co.za/>

Communication workshops often place emphasis on listening skills. In the “talking with . . .” workshops, we place equal importance on response skills. How we respond to each other not only tells the person with whom we are having a conversation, whether we have heard what he or she has said, it also makes a statement about whether we are interested in what has been said. Good relationships depend on good communication and yet we can ask ourselves how often we “talk to . . .” or “talk at . . .” rather than talk *with* each other.

Workshops in this series include:

“Talking with . . .

. . . Yourself”

. . . Your Partner”

. . . Your Children”

. . . Your Ex”

For more information visit:

<http://www.trihealth.co.za/>

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