

# Wellbeing: Having Difficult Conversations With Your Children

## Course overview

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Some parents and carers shy away from having difficult conversations because they don't know what to say, how to start the conversation or what to do if they don't have the answers. These conversations could be about global events or be more personal. This course will give you a structure to plan your conversation as well as some strategies for those conversations.

## What will I study?

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- How to prepare for a conversation
- Ways to explore topics
- Conversation starters
- Skills to use when having the conversation
- Find out about some support and resources available to you

## Assessment method

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You will participate in activities, discussions, Q&A and receive verbal feedback from the tutor throughout the workshop to put into practice the principles covered.

## Entry requirements

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This course is open to all.

## What should I bring with me?

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You will need to provide your chosen method of note-taking such as notepad & pen or tablet.

## Key information

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## Possible next steps

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During this course, you will be given advice and guidance on other courses suitable for you and your personal goals.

## Contact us

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Our friendly staff can give you further advice and support.



email: [adultcollegeenquiries@lbbd.gov.uk](mailto:adultcollegeenquiries@lbbd.gov.uk)



call: 020 8270 4722