

Communicating More Effectively in Challenging Situations

A Workshop for Caregivers of Adults (age 60+)

WITH ELIZABETH KENT



How can you talk with your siblings about mom's finances? Or bring up with your grandfather that it may be time to stop driving? Or tell your family doctor that you don't like talking about your spouse as if he's not in the room? Knowing when to bring up uncomfortable topics—and how to express your thoughts and feelings—is a challenge. In this interactive workshop, learn some useful communication tools to enable you to share your concerns so people will hear you.

This Four-Part Process Includes How To:

- Center and ready yourself to have a productive conversation.
- Explore the other person's readiness and willingness to listen.
 - Plan your logistics and approach.
- Have the conversation using powerful and effective "I" statements.

HILO

Thursday, October 5, 2017

8:30 a.m. to 12:30 p.m.

PRE-REGISTRATION REQUIRED

Majidah: (808) 935-7844 x 3
majidah@hawaiiimmediation.org



KONA

Friday, October 6, 2017

8:30 a.m. to 12:30 p.m.

PRE-REGISTRATION REQUIRED

Gina: (808) 885-5525 x 3
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Suggested Contribution: \$20

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