

## About Anne



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/>

## About Robyn



Robyn began a personal journey of self discovery after her divorce in 1998 when she found herself at the age of 45 with no career, few resources and three children. She returned to academic study in 2002. From 2002 to 2008 she worked as a face to face volunteer counsellor and group facilitator at the South African Western Cape branch of Lifeline/Childline and in 2010 she completed a psychology honours degree at Stellenbosch University, in the Western Cape.

For more information please visit:

[www.trihealth.co.za](http://www.trihealth.co.za)

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is hosting

“Talking  
with . . .”



A workshop series aimed at improving inter-relationship communication.

featuring guest presenter

Anne Cawood



## “Talking with . . . “

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 in fact 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.

### “ . . . Yourself ”

Positive communication with others starts with how we communicate with ourselves. Understanding the inner voice that often triggers misunderstanding and non-hearing, rather than the opposite, is an all important first step towards achieving successful communication encounters with others. As we grow from childhood into adulthood we develop ways of dealing with our world that become automatic and operate as subconscious schema. Our schema can influence not only the way we talk to and about others but also the way we talk to ourselves about ourselves. The way in which we talk to ourselves affects our communication style.

### “ . . . Your Partner ”

Approximately 50% of marriages end in divorce. While there are many reasons for divorce, the way couples communicate with each other remains a number one concern. It not only affects how they live together, but also the way in which conflict is handled. Conflict is not only inevitable in a couple relationship but also vital to the healthy development of the relationship. Sadly however it often becomes a negative and destructive force that breaks down rather than strengthens the bonds holding the couple together. This workshop is not only for marriage partners but for all people involved in a couple relationship.

### “ . . . Your Children ”

Good communication fosters trust. Trust between parents and children is often lost as parents bring preconceived ideas about adolescent behaviour, anticipated toddler rebellion and other elements into their relationships with their children. Children don't feel heard as parents feel they must increase control. Communication skills that include empathy and listening give way to fear and control needs. This workshop will encourage parents to engage with their children in ways that foster trust and mutual respect.

### “ . . . Your Ex ”

This workshop is for divorced parents who need to find a way to successfully jointly parent their children. Children growing up in dual families are often torn between conflicting feelings of loyalty and abandonment leading to doubts about their own abilities to build future enduring relationships. This can be increased when there is ongoing conflict between the separated parents. But can couples who could not communicate while living together, learn to communicate after the separation? The answer is, yes they can, but it takes commitment to wanting to. To find this path it becomes a primary task of the post divorce parents to find a way through the painful feelings associated with the divorce to a place of both being heard and hearing.