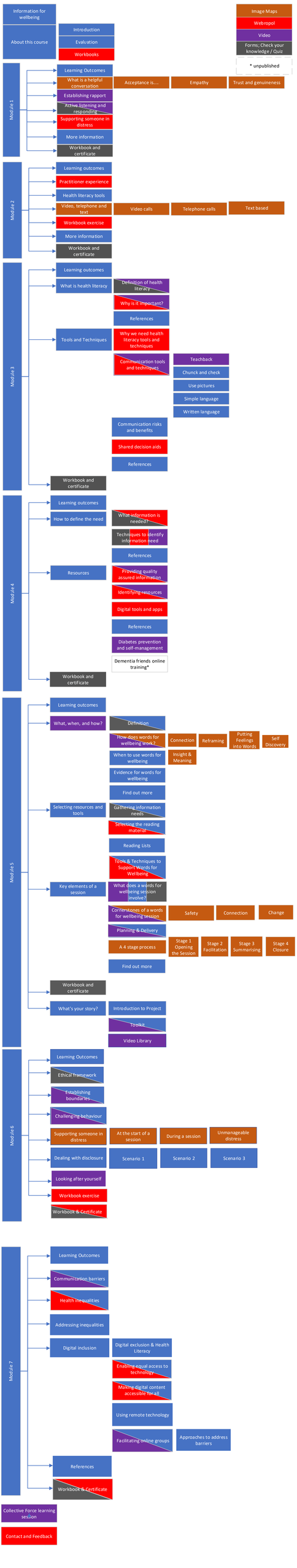
Information for wellbeing
About this course
Introduction
Evaluation
Workbooks
Image Maps
Webropol
Video
Forms; Check your knowledge / Quiz
* unpublished
Module 1
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What is a helpful conversation
Acceptance is...
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Establishing rapport
Active listening and responding
Supporting someone in distress
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Workbook and certificate
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Telephone calls
Text based
Workbook exercise
More information
Workbook and certificate
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Chunck and check
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Dementia friends online training*
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Putting Feelings into Words
Self Discovery
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Insight & Meaning
Evidence for words for wellbeing
Find out more
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Gathering information needs
Selecting the reading material
Reading Lists
Tools & Techniques to Support Words for Wellbeing
Key elements of a session
What does a words for wellbeing session involve ?
Cornerstones of a words for wellbeing session
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Connection
Change
Planning & Delivery
A 4 stage process
Stage 1 Opening the Session
Stage 2 Facilitation
Stage 3 Summarising
Stage 4 Closure
Find out more
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Scenario 2
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Collective Force learning session
Contact and Feedback