

PROGRAM TITLE **The Importance of Communication**

WORKSHOP DATE **To be determined**

WORKSHOP FACILITATOR(S) **SCO Fatherhood Program**

WORKSHOP TIME **5pm to 6:30pm**

TARGET POPULATION: **Noncustodial Fathers**

OBJECTIVES: What knowledge (understanding and awareness), skills, values and/or experiences will change for the target population as a result of this workshop?

Following the workshop participants will be able to recognize the importance of developing better communication skills with their partners, family and systems in general.

1. QUESTIONS: briefly state and number the questions that will be addressed during your workshop.

What are the barriers to communication?

What are the 3 levels of communication?

Why is listening important to the communication process?

2. REFERENCES: for each question, provide at least one source of information that answers it directly. Examples of sources information include articles and videos. Details of each reference should be provided so that another person can locate it without assistance.

https://www.workplacestrategiesformentalhealth.com/mmhm/pdf/full_communicating_0.pdf

<https://www.youtube.com/watch?v=1CG10N429bl>

3. KEY WORDS, TERMS AND PHRASES: list and define the key words and terms related to your workshop. Before we go into workshops lets get into some of these key words

Communication, Verbal, Nonverbal, Listening, Eye Contact,

4. SUPPLIES/RESOURCES & SPECIAL INSTRUCTIONS/LOGISTICS: list any supplies, materials, templates or special conditions/set-up required to implement this lesson.

Projector, Handouts, Writing pads, dry erase board

5. EXPLORATORY EXERCISES/TIME: for each of the previously identified questions, explain the activity that will be done that will allow the workshop participants to use a reference to find its answers (i.e. paired reading; summary; round-robin reading; Powerpoint mini-lecture).

1. **Group brainstorming,**
2. **breaking up the participants in group to develop a form of communicating a story without words**
3. **Telephone exercise**

6. EXPRESSION EXERCISES/TIME: for each of the previously identified questions, explain the activity that will be done that will allow the workshop participants to creatively share or express what they learned from the reference (i.e. create something based on exploration, collage, role-play, talk show skit).

The telephone exercise showcases why communication is often the key, however, despite listening, everyone may interpret the message differently.

7. REVIEW: ask participants to summarize what they learned from this workshop. They should restate 1. the questions explored; 2. the answers found; 3. the references used; and 4. the activities done.

We will review with participants to summarize the finer points of the lesson.

8. REFLECTION: ask participants to give their feedback about this workshop. They should state how they feel after completing this workshop; what they liked about it; what they didn't like about it; and offer suggestions for improvement.

The review will inquire about what they gained from the lesson.