

Relate Bedfordshire and Luton Programme of Courses

General

Understanding Anger

Outlines the effects of anger on the body and how it affects others

Building Better Relationships

Helping individuals build and sustain positive relationships

Counselling Skills for Non-Counsellors (OCN) Level 2 & 3

Effective line management and support skills

Couples

A pre marriage insight into commitment

Mentoring Adults

Building rapport and mentoring skills

Moving Forward

Helping those recently separated/divorce to move forward with their lives

Taking Charge of Your Life (OCN)

Enabling change, moving on and self esteem

Prison

Inside Out (OCN)

For prisoners and their partners prior to release

Together Apart (OCN)

For long term prisoners and their partners

Professionals

Active Listening Skills

Effective Listening and support skills

Breaking Bad News

How to inform others of distressing news and effective support systems

From Emotions to Solutions

Law Society accredited

Managing Relationships at Work

Combating bullying and harassment in the workplace

Managing Stress

Identifying and managing stress in your life

Motivational Talks

One hour talks on assertiveness, positive thinking and sexual expectations

Parents Apart

For divorced and separated parents to help the children deal with the separation

Team Building

Understand the dynamics of teams, building trust and reducing conflict



Parents

From Partners to Parents (OCN)

Relationship skills for parents of children 0-6years

Parent Mentoring (OCN)

Parents supporting one another

Parenting Skills

Listening skills, setting boundaries, co-operation

Riding the Storm (OCN)

For parents of teenage children

**Education
and Learning
Courses**



Schools

Anti-Bullying

A 3 or 6 hour workshop to assist bullied children to take back control

Be a Buddy Key Stages1 &2

To teach older pupils how to be a buddy to younger pupils coming to the school in the new academic year.

Peer Pressure

Understanding what is peer pressure both good and bad

PSHE program Key Stage 3&4

(includes Relationship Talks)

Raising Self Esteem

To develop an understanding of what makes us feel good about ourselves.

Understanding Anger

Outlines the effects of anger on the body and how it effects others

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