



# Social Skills Training

by Alex Kelly

The importance of being socially skilled cannot be over-estimated. We all need these skills to communicate effectively in order to listen to others, to express ourselves, to be taken seriously and to make friends. We know that social competence contributes to quality of life and has been repeatedly demonstrated to be a critical variable in predicting success in future life.

However, not all children develop social competence naturally. Some people struggle with their social skills and require intervention. Alex Kelly is able to offer training in all aspects of developing social skills, including

- Assessing social skills... Where do I start?
- Teaching social skills... How do I teach it and which approach will work best?
- Measuring effectiveness... How can I set targets and measure progress?

She also covers how to develop self-esteem and relationship skills – areas that are linked to social competence – please see separate flyer.

## A bit about Alex Kelly



Alex is a speech and language therapist with over 30 years' experience of working with people with social skills difficulties.

She now runs her own business in the UK offering training and consultancy in social skills, speech and language therapy and occupational therapy in over 40 schools, and a day service for adults with autism. She currently employs 27 staff.

Alex is the author of the best-selling TALKABOUT resources and she lectures around the world.

## What others say



'Wow! What a super 3 days! I can't wait to get the opportunity to put this into practise'  
Nicole Thomas, Teacher, 2017



'Thank you SO much – it's been incredibly useful. It was informative, fun, exciting and has truly inspired me to revolutionise social skills in my school' Sarah Sharpe, SLT, 2017



# Assessing and teaching social skills: 3 day workshop

The 3 days will introduce you to social skills and what can be done about social skills difficulties. It is a practical and interactive course and you will not only come away with the theory on how to work with people in the most effective way, but you will also have the confidence to do it. Alex uses a mixture of lecturing, videos and practical exercises to keep you engaged, interested and amused.

## Day 1

The first day introduces you to social skills and how to assess them. It covers:

- An introduction to social skills and the causes of social skills difficulties
- The theory behind the hierarchy of skills
- Assessing self-awareness, self-esteem and social skills
- Planning where to start and setting targets

## Day 2

The second day starts to address how to develop social skills. It includes:

- Teaching social skills using the 4 step approach: behaviour, environment, motivation and strategy
- 1:1 therapeutic approaches such as stories & comic strips
- Creative arts approaches including modelling, role play and puppets
- Technology approaches such as media and computer programmes

## Day 3

The third day continues to look at teaching social skills and includes:

- Group approaches including setting up & running social skills groups
- Setting targets and measuring effectiveness using data and spreadsheets

### When are the courses in 2020?

29 April – 1 May or 10-12 November

### Where are they held?

At Speaking Space in Romsey, Hampshire (full address below)

### How much does it cost?

£350 + vat

NB there is a 10% discount if you are also attending the self-esteem and relationships training

## To contact us and find out more

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