

Health&Wellbeing Prog-Communication

This course helps learners develop clear, confident, and positive communication skills for everyday interactions. Through practical exercises, learners explore body language, active listening, expressing needs respectfully, and building stronger relationships. Ideal for improving confidence in social, community, or workplace settings.



Start Date: 04 December 2026
Start Time: 09:45
Lessons: 2
Weeks: 1
Hours: 9.00

Venue

Rochester Adult Education Centre
Rochester Community Hub
Eastgate
ME1 1EW