




# Do you know how to talk to someone who is worried or distressed?



Notice distress, listen carefully, respond helpfully



## You will learn:

-  A memorable structured approach for getting into and out of a conversation
-  How to empower patients/carers who are worried or distressed
-  Communication skills that are evidence based

**SAGE & THYME is a foundation level communication workshop for all public facing staff working in health care across Cornwall**

## Workshop dates

**Tuesday 11<sup>th</sup> March at 1pm to 4pm in the RCHT Knowledge Spa**

**Tuesday 1<sup>st</sup> of April at 1pm to 4pm in the RCHT Knowledge Spa**

**Tuesday 13<sup>th</sup> May at 1pm to 4pm in the RCHT post-graduate centre**

**Monday 9<sup>th</sup> June at 1pm to 4pm in the RCHT post-graduate centre**

**All courses will provide Tea/coffee registration from 12.30pm**

**Cost £30**

**'Loved it, really useful'**

**To enrol email [rachel.lloyd20@nhs.net](mailto:rachel.lloyd20@nhs.net)**