

Effective Communication (or How to Communicate with a Goldfish)



Sunday, April 26, 2020, 9:00-1:00

Description:

“The average attention span for the notoriously ill-focused goldfish is nine seconds... Researchers surveyed 2,000 participants and studied the brain activity of 112 others using electroencephalograms (EEGs)... Since the year 2000 (or about when the mobile revolution began) the average attention span dropped from 12 seconds to eight seconds.” *Time Magazine*, <https://time.com/3858309/attention-spans-goldfish/>

Communicating in the clinical setting is an art requiring a combination of skills. One must capture and hold attention, receive information accurately, convey empathy, and impart information clearly. This workshop will provide a safe and supportive space to assess and challenge our communication “faux pas”, to improve our ability to express ourselves clearly, and to capture the true intention behind the words we hear and say. Come to this workshop if you would like to develop the confidence to communicate with anyone... even a goldfish!

STRiVE Competencies:

- Communicate effectively

Instructor: Wendy Birks, RMT



Wendy graduated from Sutherland-Chan in 1990. She returned as an instructor about two years later and was a valued faculty member until her move to Nelson, B.C. in 2016. Areas of interest include ethics, professionalism, and the mind-body connection. Wendy worked a home-based practice for more than two decades and has also had the opportunity to work in a hospital setting, a multidisciplinary clinic and a spa. As well as teaching in the classroom, Wendy has enjoyed working with students in clinical settings, especially with patients in their senior years, and with people living with a wide variety of chronic health conditions including persistent pain. She describes her teaching style as collaborative, participatory and encouraging.

Cost:

S-C Alumni: \$95.00 + HST
Early Bird: \$80.00 + HST by April 6, 2020

Regular: \$110.00 + HST
Early Bird: \$95.00 + HST by April 6, 2020

Location:

Sutherland-Chan School
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Toronto ON M3C 1Y8

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