
Want to teach the

Important Communication Skills In Your Community?

UF/IFAS Extension offers a train-the-trainer program to teach the *9 Important Communication Skills*. If your school, church, synagogue, mosque, workplace or community group would like to conduct *9 Important Communication Skills* classes, contact your county Extension agent.

9

Important Communication Skills
for Every Relationship

To register, or for more information, contact:

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Sign up for classes online
SMARTcouples.org



An Equal Opportunity Institution



Important Communication Skills
for Every Relationship



Anyone Can
Talk...

But How Well Do You Really
Communicate?

Having trouble connecting with real people outside of Facebook or Twitter? Find yourself having the same old arguments with your children or your spouse? Does your relationship need a tune-up? Ground-breaking research* has developed a proven set of skills that can help people overcome negativity and open the door to meaningful communication that leads to lasting, loving relationships.

9 Important Communications Skills is a series of classes that teaches teens, couples, parents, families and employees how they can learn simple skills to break the negative cycles that may be disrupting their relationships and overall happiness.

Designed to cover virtually any topic, *9 Important Communications Skills for Every Relationship* will guide you through the process of communicating your needs, listening to the needs of others, and creating and maintaining happy, healthy relationships with all the people in your life.

*Documented in J. Gottman (1994). *Why marriages succeed or fail*. New York: Fireside; V. Harris (2010). *Marriage tips & traps*. Plymouth, MI: Hayden McNeil.

"They really helped my marriage."

*"I intend to use the 9 skills
for the rest of my life!"*

*"I used them with a difficult
work associate."*



The *9 Important Communication Skills* workshops are offered through your local UF/IFAS Extension office. In two one-hour sessions, you'll learn:

- The **5 do's** and the **4 don'ts** for communicating effectively
- How to avoid the communication pattern of victimization and blame
- The principle of doing the right thing for the right reason
- 10 rules for successfully handling conflict

Course offerings include *9 Important Communication Skills* for:

- Teens & Single Adults
- Premarital & Newlywed Couples
- First Married & Remarried Couples
- De-escalating the Cycle of Abuse & Violence
- Parents & Co-Parents
- Dissolved & Divorced Relationships
- A Healthy Workplace
- Talking about Money