

The Prison Education Project



HMP Addiewell

Introduction to Soft Skills Course

June 8-12, 2020

5 Sessions: Monday-Friday, 10:00-11:45 and 13:20-14:50



LEARN

- ◆ Communication Skills, Body Language, Nonverbal Communication
- ◆ Conflict Resolution, Accepting Blame, Listening Skills, Humility
- ◆ Emotional Intelligence, Understanding Personalities, Leadership
- ◆ Adaptability, Motivation, Goal-Setting, Time/Place Appropriateness
- ◆ Problem-Solving, Critical Observation; Public Speaking; Gratitude