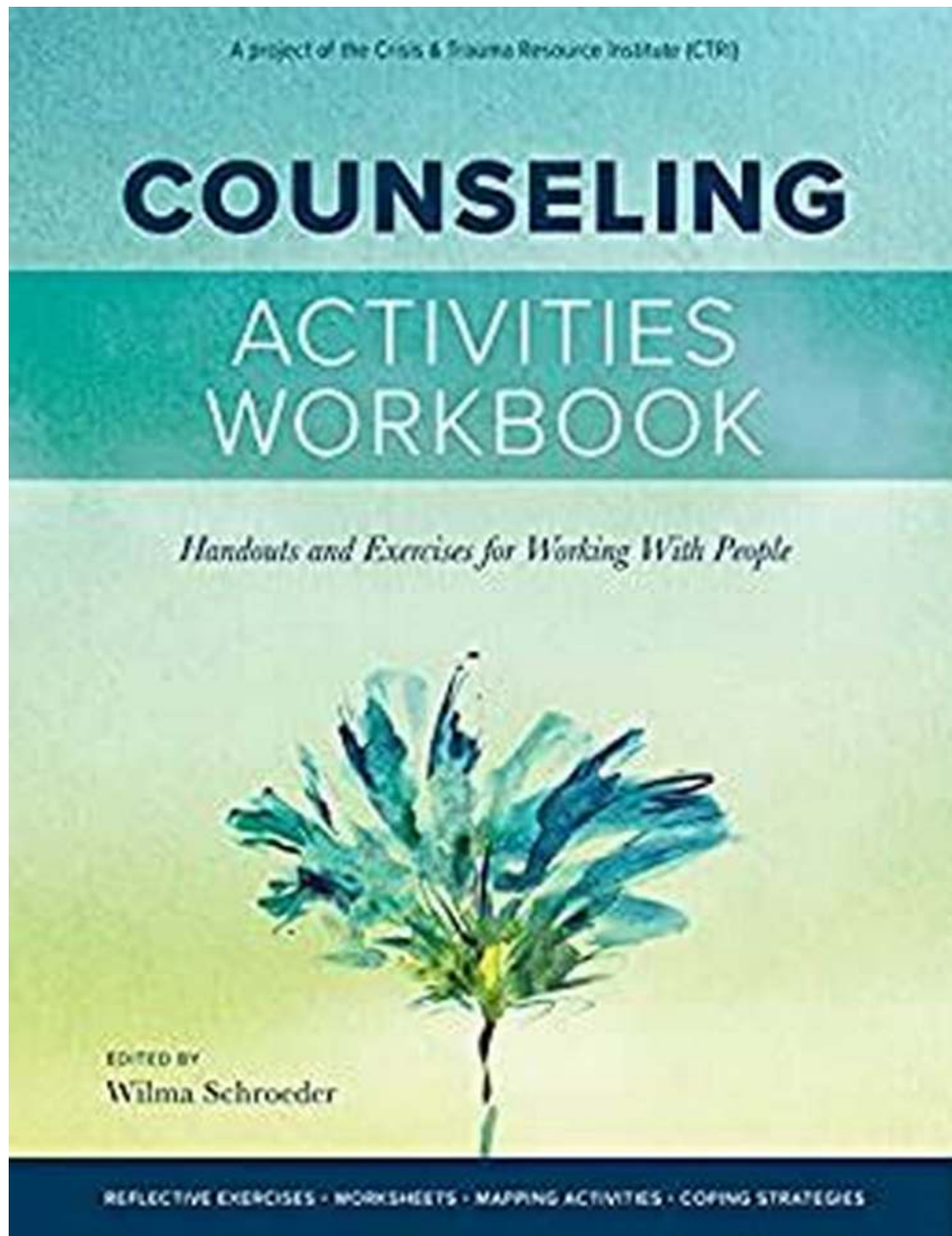


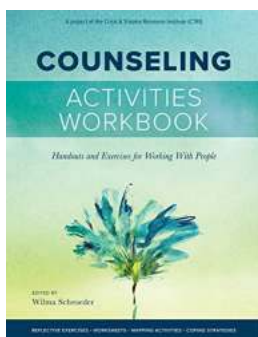
Explore These Handouts and Exercises to Enhance Your People Skills!



Working with people often requires effective communication, empathy, and understanding. Whether you are a manager, coach, teacher, or simply someone who deals with various people on a regular basis, it is important to constantly develop and refine your people skills.

What are Handouts and Exercises for Working with People?

Handouts and exercises provide practical tools and activities that can assist professionals in fostering better relationships, resolving conflicts, and improving collaboration with others. They serve as valuable resources for personal growth and skill development.



Counseling Activities Workbook: Handouts and Exercises for Working With People

by Wilma Schroeder (Kindle Edition)

★★★★☆ 4.4 out of 5

Language : English

File size : 24196 KB

Text-to-Speech : Enabled

Screen Reader : Supported

Enhanced typesetting : Enabled

Word Wise : Enabled

Print length : 216 pages

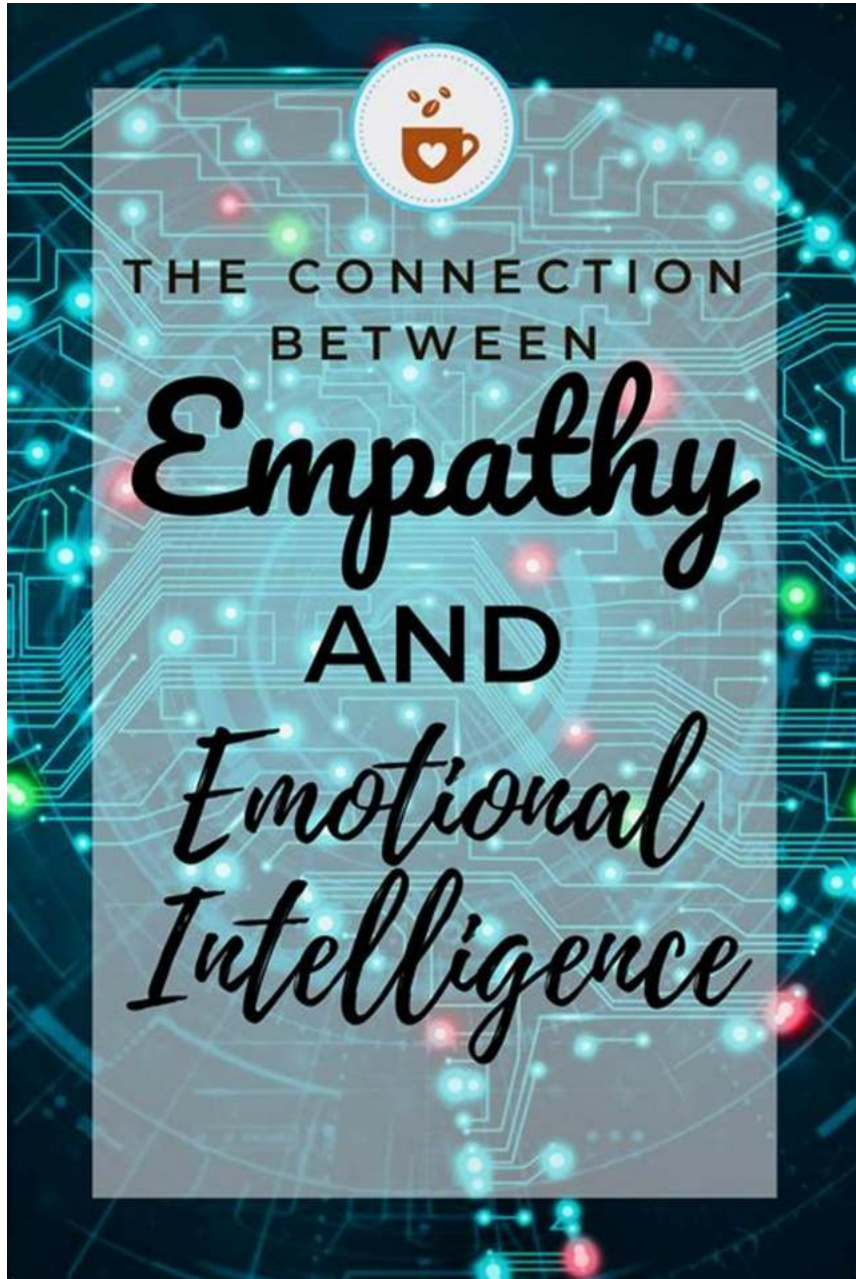


1. The Importance of Active Listening

THE IMPORTANCE OF ACTIVE LISTENING



2. Building Empathy and Emotional Intelligence



3. Conflict Resolution Strategies

How I Handle Conflict

Put a check in the boxes to show how you would typically handle conflict with friends and family.

| My Response: | Usually | Sometimes | Never |
|---------------------------------|-----------------------|-----------------------|-----------------------|
| • Raise my voice or yell | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Ignore | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Apologize | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Walk away | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Suggest solutions | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Complain | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Forgive | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Threaten | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Look for a win-win | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Call others names | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Understand all points of view | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Get upset | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Ask for and adult to help | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Use humor | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Cry | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Let others have their way | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Assign Blame | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Work toward agreement | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Make a deal | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Work it out fairly | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |
| • Other: _____ | <input type="radio"/> | <input type="radio"/> | <input type="radio"/> |

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4. Team Building and Collaboration



5. Leadership Development

self
REFLECTION
WORKSHEET

THE MOST IMPORTANT CONVERSATION YOU WILL EVER HAVE IS THE ONE YOU HAVE with YOURSELF

Things I am good at

- _____
- _____
- _____
- _____
- _____

What I am passionate about

What I love most about ME

What I learned from my last failure

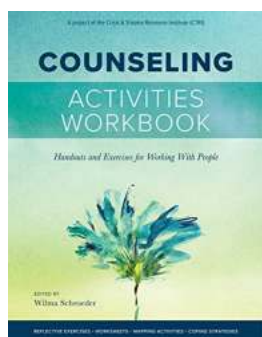
Ways I can live my passion

Quotes that inspires ME

fitnessfashionista.com

Developing strong people skills is crucial for personal and professional success. Handouts and exercises designed for working with people provide practical guidance and activities to deepen understanding, improve communication, and build meaningful connections. Utilize these resources to grow your people skills, enhance collaboration, and create a positive and harmonious environment in your personal and professional life.

Remember, working with people is an ongoing learning process, so why not invest in your personal growth today?



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The goal of counseling is to support people as they move toward their goals of managing themselves, their life issues, and their relationships. For helpers and counselors, one way to provide this support is to use experiential learning activities to facilitate the development of new insights and skills.

This book contains a wide variety of counseling resources based on an equally diverse range of counseling theories, including cognitive behavioral, narrative, family systems, and mindfulness. The resources are formatted as handouts that can be copied or printed and given to the person you are supporting. Activities include questionnaires, worksheets, reflective exercises, mapping activities, safety plans, and coping strategies. Most of the resources are applicable to many issues, while others have a more specific focus and can be assigned in sequence so that their insights and strategies build on each other.

This workbook is designed for helpers and counselors to use in the context of a helping relationship, where additional depth and guidance can be provided – it is not a self-help book. By providing multiple resources to draw upon, this book supports helpers and counselors to feel more confident as they support others.

The activities in this workbook are suitable for working with people 16 years of age and older and are related to the following topics:

Change and Planning

Coping and Stress

Self-Awareness and Self-Esteem

Cognitive Behavioural Strategies

Body and Movement

Breathing

Mindfulness and Calming

Emotions

Safety Plans

Connecting and Relationships

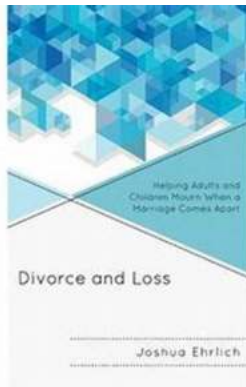
Communication

Conflict



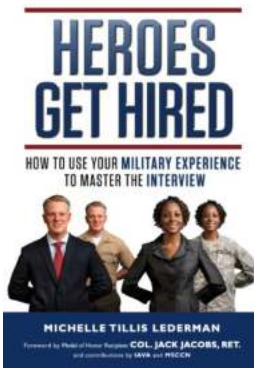
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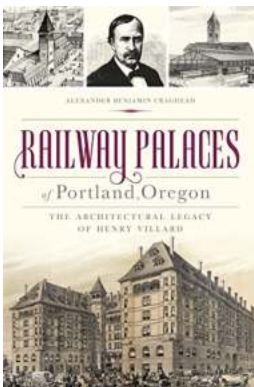
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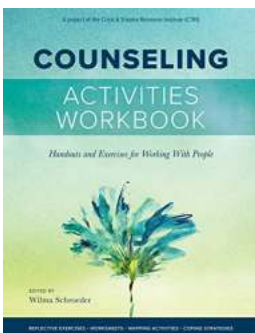
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