

Listening Training 2024

We have four **Listening Training** programmes scheduled in 2024. These courses will be taking place in person, based at SYCLS' training room in **Sheffield City Centre**. Each course consists of **3-days** of training, all days 9:30am-4pm:

February – Wednesdays: 14th, 21st & 28th

May/June – Tuesdays: 21st, 28th May & 4th June

July – Tuesdays: 9th, 16th & 23rd

November/December – Fridays: 29th Nov, 6th Dec, 13th Dec

The Training:

SYCLS provides training in an Active, Reflective form of Listening called Mirroring. The training teaches people to listen without interruption, judgement or deflection in a way that makes someone feel valuable and heard. The sessions equip people for highly effective listening in day-to-day settings, whilst also providing the framework for listening in a more formal context.

If you want to increase your listening skills, become a listening ear to support people through the challenges of life, and/or volunteer as a Listener or Chaplain, you can book on to a SYCLS training programme. **** Please note that Listening Training is a foundational part of Chaplaincy Training - attendance is ideal for those interested in Chaplaincy.***

Cost

The cost of attending a training course (3 full days) is £150 if you are attending for your own purposes. For potential SYCLS volunteers, the training fee is paid for, but we ask if you would consider making an optional donation of £10 towards the cost of training. To be eligible for this reduced training fee, you must have sent in your Volunteer Application Form before training.

If you are interested in attending any of SYCLS' Training programmes then please contact roxy@sycls.co.uk