

## SOCIAL SKILLS PLUS

### *The instructor*

*The instructor, Tricia Murphy has had specialist training in a program that assists children, adolescents and adults in developing social skills and self-confidence.*

*Tricia has a Certificate III in Special-needs Education, a Certificate IV in Disabilities and has extensive experience as an Education Support Officer.*

*Tricia has 12 years of knowledge and experience with individuals on the Autism Spectrum and values continued learning through attending Autism specific seminars and workshops.*



### *Class Structures*

#### Private Sessions

Private Sessions are vital in laying down the ground work for group lessons. By working one on one with an instructor, students are able to develop their skills with a positive role model.

#### Group Lessons

Following completing Private Sessions, Students are prepared to apply and grow their skills in a Group setting. Regular attendance in Groups helps the student to build friendship both within the group and transfer over to school setting.

Both Private and Group classes have duration of 50 mins, with 10 weekly classes over a school term.

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*For further information contact*

*Tricia Murphy*

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## SOCIAL SKILLS PLUS



*Social Skills to suit YOUR individual needs.*

## SOCIAL SKILLS PLUS

*The Social Skills Plus program is a comprehensive program that assists children, adolescents and adults in developing social skills and self-confidence.*

### **The aim**

- *Is to educate the client and create awareness of the type of social skills required to develop and keep friendships and relationships.*
- *The program increases the client's ability to initiate conversations and communicate with empathy and consideration.*
- *It aims to provide solutions to problems in social situations by developing flexible thinking and an understanding of conventional social interaction and behaviour.*



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### **The method**

- *Involves practising social skills*
- *Role playing*
- *Imitating and copying behaviours*
- *Creating awareness of non-verbal cues, facial expressions, tone of voice and body language*
- *Developing strategies for fair play, even chat and friendship*

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### **The benefit**

- *Recovery from bullying or social trauma*
- *Confidence building*
- *Increases employment opportunities*
- *Develops independence and strength of character*
- *Improves the client's ability to participate in groups in education, work or social situations*
- *Increases empathy and being able to take an interest in others*
- *Creates awareness of actions and consequences*

### **The venue**

*The program is conducted in a safe environment at either*

- *The Eastwood Leisure Centre*
- *At the client's school environment*
- *A venue that is negotiated with the client*