



## Training: Reframing Your Perspective

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### Welcome!

Communicating with others can be difficult at times; especially for those who find it challenging to read body language and recognize various social cues. What happens when people mistakenly believe they “know” what others are thinking or feeling based on their misperceptions of another person’s behavior?

This training session is designed to educate participants on how to gain an understanding the importance of not rushing to judgement of the many behaviors that people use to express their emotions.

Participants will observe how people make assumptions based on behaviors without communicating to understand the motivation behind those behaviors.

## Recommended Audience

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This training has been designed to be adaptable to teach both adults and teens how to recognize their unconscious biases and misconceptions when interacting with others. Whether adults who interact with individuals with mental health conditions and other disabilities or the individuals themselves. Examples of the providers would include law enforcement, educators, mental health providers, counselors, faith leaders, first responders, clergy, hospital personnel and other community members.



## What to Expect

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Through semi-guided improvisational activities, workshop participants will engage in emotional scenarios to create an interactive learning experience. The guided scenarios will illustrate how easily we can misinterpret what we see based on perceptions that have been created by our personal experiences.

## Learning Objectives:

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This training will:

1. Improve listening to what people say and ask specific question about behavior not readily understood.
2. Give people a chance to speak for themselves instead of having their behavior misinterpreted by others.
3. Teach people to advocate the proper understanding of their own understanding of their own emotions and behaviors

## Schedule a Training

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