



Say It Straight

Empowering Communication One-Day Workshop



Say It Straight (SIS) is a research-based education and training program that results in empowering communication skills and behaviors, increased self-awareness, self-efficacy, personal and social responsibility, positive relationships and quality of life.

We'll cover disempowering communication styles such as: Placating, Bully/Blame, Passive-Aggressive, Super-Reasonable, and Irrelevant; and the empowering communication style: Saying It Straight.

Rutland Area Prevention Coalition
is offering a One-Day Empowering Communication Training!

Be Part of This Unique One-Day Communication Skills Program!*

**Facilitator Training may be offered at a later date.*

When: Friday, August 29, 2014

Time: 8:00 am - 4:00 pm

Where: Interage Adult Day Program Building,
230 N Main St (Tenneybrook Plaza), Rutland, VT 05701

Cost: **FREE**

[Register today at https://www.surveymonkey.com/s/SIS829](https://www.surveymonkey.com/s/SIS829)

Deadline to register is Monday, August 25, 2014!

Questions???

Contact Tina or Emily at the RAP Coalition

Call: 775-4199 or Email: rap@rmhscn.org

***Light refreshments and lunch will be provided.*