

chill. plus



About

Becoming socially independent is a journey. The Chill Foundation program has set the scene where participants learn that social skills are paramount to everything we do in life. Now it's time to start practising, consolidating and generalising so that these skills become second nature.

Chill Plus also challenges participants with more complex social scenarios with a key focus on storytelling and recounting anecdotes. Chill Plus nurtures new friendships formed between participants and mentors in the foundation program. Chill Plus is a social stamina workout!

Program features

- Consolidate emerging skills from foundation program
- Generalise skills in more complex social scenarios
- Telling anecdotes
- Sarcasm | double meanings
- Common sayings & their meanings
- Organising a get-together
- Difficult people
- First impressions
- Respecting difference
- Small talk
- Social stamina | social currency
- Conversation starters and ends
- Perspective checking and more
- Social media / online chat & messaging

Benefits

- Social skill practise, consolidation & generalisation
- Growing repertoire of personal stories & anecdotes
- Increased self-confidence
- Improved self -insight
- Reduced social isolation
- Long-term friendship building with peer mentors & fellow participants
- Improved social stamina

Dates 2024

Term 1

22 January - 28 March

Term 2

15 April - 21 June

Term 3

8 July - 13 September

Term 4

30 September - 6 December

Session times

2.5 hour workshop | once a week | 10 weeks

Select one of the available time slots:

Mondays

10:00am - 12:30pm OR 2:00pm - 4:30pm
OR

Tuesdays

10:00am - 12:30pm OR 2:00pm - 4:30pm
OR

Wednesdays

10:00am - 12:30pm OR 2:00pm - 4:30pm
OR

Thursdays

10:00am - 12:30pm OR 2:00pm - 4:30pm
OR

Fridays

10:00am - 12:30pm OR 2:00pm - 4:30pm

Venue

Chill Studios
29 Rogers Street
West End, QLD, 4101

Fee

\$2,400 per term

Enrol online



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