



# BEFRIENDER SKILLS

A foundational course for those in helping roles to build empathetic listening, emotional validation, and boundary-setting skills, enabling compassionate and confident peer support in community settings

## COURSE DETAILS

 4 hrs

 S\$120/pax

 Minimum 10 to maximum 30 learners

 Available in Physical and Online Format

**JOIN NOW**



### Contact Details

 +65 8020 7130

 [cpss@redcross.sg](mailto:cpss@redcross.sg)

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## LEARNING OUTCOMES

By the end of this course, learners will be able to:

- Develop an awareness of boundaries and ethical considerations in befriending relationships
- Deliver empathetic and supportive responses that validate the befriended person's feelings
- Identify techniques to maintain positive and supportive befriending relationships

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## COURSE STRUCTURE

# 01

### **Introduction to Befriending**

Explore the role, value, and ethical foundations of befriending, including key skills needed to build supportive relationships

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# 02

### **Communication Skills for Befrienders**

Learn essential communication techniques such as active listening and emotional validation to build trust and empathy

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# 03

### **Cultivating & Maintaining Befriending Relationships**

Discover ways to sustain positive connections, manage boundaries, and apply self-care in ongoing befriender roles

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