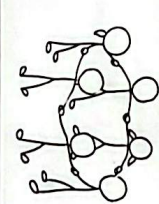
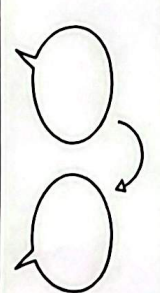
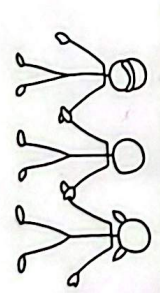
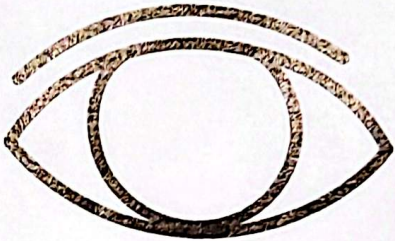
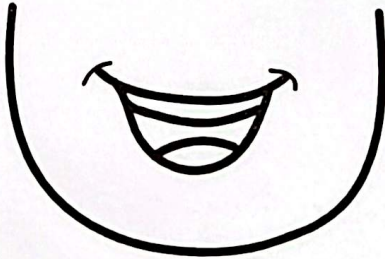
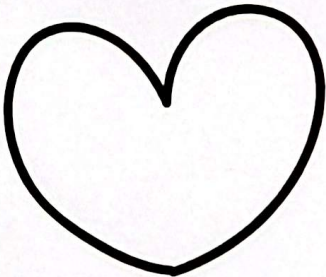
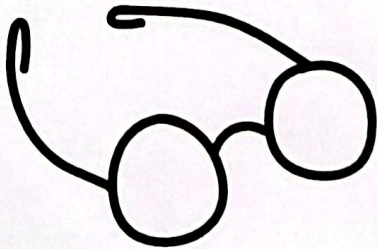


TEAMWORK SKILLS CHART

✓	Listen	
✓	Speak Kindly	
✓	Ask Questions	
✓	Share	
✓	Take Turns	
✓	Help	
✓	Include Everyone	

SPEAK UP AND SPEAK KINDLY

Stand tall. Sit up straight.	
Look at the person.	
Use a strong, friendly voice.	
Use kind words.	
Be clear.	

Effective Counselling Skills

Counsellors use counselling skills to help them better understand and listen to clients.

Through **active listening**, rapport is built, trust forms and the speaker feels heard and understood by the counsellor or listener.



Reference: <https://counsellingtutor.com/basic-counselling-skills/>