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Bridge4Mothers

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PSL Programme — Personal, Social and Learning-to-Learn Competences

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Building Positive Relationships Through Empathy

Positive Communication Includes:

- listening without judgement,
- showing respect,
- recognising emotions,
- speaking kindly,
- and encouraging understanding.

Empathy Helps People:

- feel heard,
- feel respected,
- communicate more effectively,
- and build stronger relationships.

Small acts of understanding and kindness can improve communication and wellbeing.

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