

**PFA for COVID-19 training**

**Remote supportive communication**

**Worksheet**

Complete the activities below when instructed to do so during the training on remote supportive communication during COVID-19.

**Activity 1**

Share some important aspects of supportive communication that you can think of.

**Activity 2**

Discuss and list things to consider when preparing to provide support to others remotely.

**Activity 3**

Listen to the call and note down what you notice happening. What supportive communication skills were used?

**Activity 4**

What should we remember to do when ending a supportive call?