

ACT

Active Counselling and Training

Mobile: 07891574099

Web Site: www.actcounselling.com

Email: enquiries@actcounselling.com

Training Dates for August 2010

Basic Counselling skills

19th August 2010 9.30am - 1.30pm

26th August 2010 9.30am - 1.30pm

The very basic skills of counselling can enhance personal and professional performance. The understanding of the key counselling concepts will enable the student to become a better listener and be able to understand other people's emotions on a constructive level. This one day course teaches the basic principles of counselling. This training will enhance the participant's existing skills in dealing with individuals who have emotional needs and challenges. The subjects covered include:

- Why do people have emotions
- How to actively listen
- The biggest mistakes in listening
- Empathy
- Congruence
- Respect
- What to say/what not to say
- When the topic becomes too difficult
- Detaching from other peoples emotion

How To Find Us



The Consulting Rooms are located in:
The Connal Building,
34 West George Street,
Glasgow.

Certificate of attendance will be presented to each participant.

Courses cost £59 per person NO VAT. If you wish to book these or any other course please use booking form below and post or email to the address above.

Early bird discount for booking in the month of February discount of £5.

Block booking for four or more staff deduct £5 per person.

Places are limited.

Course Title:

Name:

Job Title:

Organisation:

Address:

Postcode:

Telephone: **Fax:**

email

I enclose a cheque/PO for £ (cheques should be made payable to 'ACT Counselling')

Please invoice me

Fees must be paid prior to the start date of the programme

Please return your completed booking to:

Ewan Innes
ACT Counselling
0/1, 8 Stoneside Drive
Glasgow
G43 1JF
or email to: enquiries@actcounselling.com