Wright Mind
Training Services Limited

are pleased to offer this one day workshop

# BASIC COUNSELLING SKILLS

**Target audience**: Anyone who works with people in a caring capacity and who wants to know more about counselling skills but are unable to commit time to do a longer course. These useful skills are transferable and beneficial to use in everyday life.

**Aim of workshop**: To understand what counselling is and learn basic counselling skills

**Content of workshop**:

- Define what is and what isn't counselling
- Identify the essential counsellor qualities
- Identify a suitable environment for counselling
- Be an effective, "active" listener
- Help people to move forward

**Duration**: One (1) day

**Dates**: Thursday 12th March 2015

**Time**: 9.30 – 16.30

**Venue**: Heslam Park Rugby Club, Ashby Road, Scunthorpe DN16 2AG

**Facilitator**: Jan Rilatt of youplus

**Price**: £65 per person (includes hand outs and refreshments).

**To book a place**: email info@wrightmindtsl.co.uk
phone 01724 858799 Book via www.wrightmindtsl.co.uk

**For more information**: email janrilatt@youplus.co.uk Telephone 07749 996672

PLACES ARE LIMITED, so please book early to avoid disappointment.