

Counsellor and Coach short courses

Course	Would benefit
<p>Mental Health awareness</p> <ul style="list-style-type: none"> • What is mental health? • Recognising common mental health difficulties such as anxiety and depression • Have confidence to have conversations about mental health • Understand how to help and support work colleagues and others who may be experiencing mental health issues • Resources and where to get help • How you can look after your own mental health 	<p>For anyone who would like to improve their knowledge of mental health</p>
<p>Stress management and resilience</p> <ul style="list-style-type: none"> • What is stress? • The physical effects of stress • Signs of stress • Causes • Managing self by dealing with pressure and becoming more emotionally resilient • Saying goodbye to “shoulds” • Treatments for stress • Helpful resources 	<p>For anyone who wants to learn how to manage their stress and improve resilience</p>
<p>Introduction to Mindfulness</p> <p>Mindfulness is about being present in the here and now.. a “being” state rather than “doing”.</p> <p>Often we make life difficult for ourselves by living hurried lives full of “I should” worrying about the future and regretting the past. Sometimes we avoid difficult feelings which only increases overwhelm, stress and anxiety.</p> <p>This course is an introduction to the practice of mindfulness and will provide an understanding of how its practice can help our daily lives.</p>	<p>For anyone interested in improving self, letting go of negative thought patterns, become a better listener and develop an understanding of how mindfulness can help develop more helpful and positive responses to stress and anxiety</p>
<p>Better conversations</p> <p>It has been said that much of our day-to-day talk is a missed opportunity.</p> <p>Everyone is an expert on something. If you develop good listening skills, you will always learn something and the human connection from good conversations will result in more fulfilling relationships. (Celeste Headlee).</p> <p>Key messages: Don't multitask Don't dominate the conversation Ask open-ended questions If you don't know, say you don't know Don't equate your story with someone else's Try not to repeat yourself Don't get lost in the details Listen</p>	<p>For anyone who wants to improve their conversations in work, family, friends relationships</p>
<p>Therapy Days</p> <p>We are able to provide help and support for employees experiencing trauma, grief or other incident that affects employee wellbeing. Please contact us for more information.</p>	

We also provide tailor made packages that support organisational needs. Get in touch for details.