

**How to find us:** There is a link to streetmap.co.uk on our website at [www.norwichcentre.org](http://www.norwichcentre.org) or please contact the Norwich Centre for information. For satellite navigation our postcode is NR2 3RA.

**Car Parking** at the Norwich Centre is limited. One space is reserved for disabled visitors. Contact the Centre for further information.

**Bicycle Parking** is available at the front of the building

**Accessibility:** The course will take place in our wheelchair accessible annexe which contains a training room and accessible toilet. This is accessible for those arriving by car and parking in our car park. Please let us know if you require assistance or further information. If you are a wheelchair user and will not arrive by car, please contact us for information.

**Price: £300**

**Number of places: 14 (maximum)**

**Places must be booked and paid for in advance.** For a booking form please visit our website at [www.norwichcentre.org](http://www.norwichcentre.org) or phone 01603 617709.

If you would like to pay by instalments, please contact the Norwich Centre. Terms and conditions apply:

### **Cancellation Policy**

- Bookings cancelled before the 24th July 2018 will be refunded 80% of the full fee of £300
- Registrations cancelled from 24th July 2018 will be refunded 50% of the full fee of £300
- Registrations cancelled from the 24th August 2018 will not be eligible for a refund

We reserve the right to postpone or cancel the course and refund the course fees if we do not have sufficient numbers to cover our costs.

The Norwich Centre will not be liable for delays and/or modifications to the programme due to unforeseen circumstances.

**To book your place** please complete a booking form and send with your payment to:

The Norwich Centre

7 Earlham Road

Norwich, NR2 3RA

Phone: 01603 617709

Email: [training@norwichcentre.org](mailto:training@norwichcentre.org)

Website: [www.norwichcentre.org](http://www.norwichcentre.org)

**If you would like this leaflet in large print, audio, Braille, alternative format or in a different language please contact us on 01603 617709 and we will do our best to help**

## **The Norwich Centre**

### **Introduction to Counselling Skills**



**Autumn  
2018  
(Thursday course)**

**[www.norwichcentre.org](http://www.norwichcentre.org)**

## **Introduction to Counselling Skills**

**Sarah Breward  
& Olivia Nichols**

**Thursdays**

**6th, 13th, 20th, 27th September**

**4th, 11th October**

**1st, 8th November**

**7 pm – 9.30 pm**

**Saturday 8th September**

**10 am – 4 pm**

Counselling skills can enable us to improve our relationships through better communication, better listening and better understanding. They also benefit us at work and can contribute to improving performance and wellbeing.

This course is aimed at those who are new to, or exploring, an interest in counselling. The aim of the programme is to increase understanding of the counselling process, explore some of the theoretical issues and to practise the skills involved. This course is designed to help you to discover your potential and can provide a first step towards other careers. We work in an experiential way to help you build your confidence in using counselling skills. The course will include

group exercises as well as pair and triad work. This can involve talking about yourself as well as listening to others. Many people find that they have a changed view of life afterwards. Confidentiality within the group is essential.

In this course you will have the opportunity to:

- increase your understanding of counselling skills
- practise those skills
- increase your understanding of counselling theory
- increase your personal effectiveness at work, home or leisure
- apply theory in order to understand human interaction as it relates to self and counsellor-client relationship

You will be required to keep a Skills Journal. You should allow about two hours a week for writing up and background reading. The course reading book will be available for purchase from the Norwich Centre at a discount at the start of the course.

This course is unlikely to be suitable for those exploring deep personal issues such as recent bereavement or whose emotional resources are already fully

stretched. Please talk to the tutor if you are unsure about fully participating in the emotional demands of the course

The Norwich Centre has a well established reputation for providing training courses and workshops, and the time seems right to return to delivering high quality introductory courses in counselling skills.

The Norwich Centre team are experienced in delivering counselling and other courses in higher, further, adult education and commercially. We have a broad range of experience and come from a variety of backgrounds in industry, commerce, and the voluntary and statutory sector and provide counselling and consultancy support as well as training to a wide range of organisations across Norfolk.

Sarah says: From my start as an engineer to today as a counsellor is a circuitous loop via the NHS, education and life leading to finding the person centred way of working and being. I have worked in challenging situations and with people from 5 upwards. I often use art stuff to untangle my own thinking and experiences and sometimes work in this way with others. I am constantly learning and now share all of this in a wider way through supervision and training.