

**The Norwich Centre  
for  
Personal, Professional and Spiritual Development**



**Exploring Identity Through Encounter**  
with  
**Sarah Ellan**

## **Exploring Identity Through Encounter**

### **Format:**

Meeting weekly over a period of eight weeks, the group will explore various aspects of personal identity within an Encounter Group setting. Each week a set of prompts will be sent out to stimulate personal engagement with a given aspect of identity (sexuality, gender, age, class, race, nationality, religion, education, appearance, neurodiversity or disability, for example). The group will sit together for three hours, once a week, with the intention of exploring personal experience in relation to the week's focussed identity. The emphasis will be on staying with the here-and-now and in-the-moment experience. This is a facilitated, rather than traditional teacher-student environment, with the emphasis on co-creation and shared responsibility.

### **Purpose:**

- To create a supportive, facilitative space by relating in a Person-Centred manner, based on the principles of congruence, empathy and unconditional positive regard.
- To expand awareness of self in the context of various aspects of identity.
- To deepen understanding of where and how we fit, and do not fit, into the society we reside in and the impact this has on us and those around us.

### **About the Facilitator:**

Sarah Ellan works as a counsellor and counselling tutor. She has facilitated groups as part of the Introduction and Certificate courses for The Norwich Centre, and has worked as a counsellor for The Norwich Centre, CRUSE, Sue Lambert and in private practice. Sarah has long held an interest in Equality, Diversity and Inclusion and how this affects the individual on a personal level and within society. She also has a keen interest in the unique potential of group work for expanding self-awareness and developing relational skills.

### **Entry requirement:**

The group is open to all those who have experience of Person-Centred group work, whether that be through the Norwich Centre Introduction, Certificate or Diploma courses, and/or those who have had equivalent experience of Encounter Groups/Community Time. Please email [admin@norwichcentre.org](mailto:admin@norwichcentre.org) to apply for a place, including your reasons for wanting to take part and details of your participation in previous unstructured group experience. Once we have reviewed your application we will contact you to let you know if your application has been successful or ask for more information.

### **When:**

Tuesday evenings from 6:00-9:00pm. Starting on the 10<sup>th</sup> October, meeting weekly with the final session on the 28<sup>th</sup> November.

### **Number of Participants:**

Minimum of 5, maximum of 10.

**Fee:** £250 per person for the complete course. Payment can be made by bank transfer or credit card.

### **Cancellation Policy**

- Bookings cancelled up to two months in advance of the start date will be refunded 80% of the full fee of £250
- Registrations cancelled from later than two months before the start date will be refunded 50% of the full fee of £250
- Registrations cancelled one month or less before the start date will not be eligible for a refund

The Norwich Centre reserves the right to cancel the course if numbers are not sufficient for it to run. In the event that the course is cancelled, a full refund will be made of any fees paid.

**How to find us:** the course will take place at the Norwich Centre, 7 Earlham Road, Norwich NR2 3RA

**Car Parking** is available in nearby roads

**Accessibility:** The Norwich Centre is wheelchair accessible. If you have accessibility needs please contact the Norwich Centre to discuss these.

### **Contact Information**

The Norwich Centre  
7 Earlham Road  
Norwich  
Norfolk  
NR2 3RA

Tel: +44 (0) 1603 617709  
Email: [training@norwichcentre.org](mailto:training@norwichcentre.org)  
Website: [www.norwichcentre.org](http://www.norwichcentre.org)

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