



5 Days to change your life!...KNOW YOURSELF!: CCI Core Training

Language

English

'...powerful, challenging and exciting... an excellent and inspirational facilitator.'

- Rosalind Ashling, Perth, February 2010

'...he also had us laughing and celebrating what's good about ourselves.'

- Tracy Shippey, York, 2009

'...sensitive observation, precise communication, warmth and humour.'

- Alan Carver, Leeds, 2009

The aim of this **course** is to help you live autonomously, creatively and in touch with your emotions, uncovering hidden parts of yourself. Co-counselling challenges the view that some feelings are taboo and that you should not have them. It can help you come to terms with your past and your present, so that your feelings have less of a grip on you. This is a powerful opportunity to develop self-awareness, authenticity and personal strength.

The course covers the whole co-counselling syllabus and is a complete training in the CCI Core Training (also referred to as 'Fundamentals of Co-Counselling'). After successful completion of the course you can use the skills in pairwork, groups, workshops and at CCI co-counselling events worldwide.



(Important Note: it's important to be physically comfortable when doing co-counselling, so if you need to sit on a chair that's absolutely fine.)

PRICE: £229 - £295

Website: www.co-counselling.co.uk

DATES

Weekend 1 (days 1 and 2): Saturday 19th and Sunday 20th October 2013

Weekend 2 (day 3): Saturday 26th October 2013

Weekend 3 (days 4 and 5): Saturday 16th and Sunday 17th November 2013



Richard Mills

More testimonials

'A wonderful experience, maybe even life-changing! I enjoyed the course, its challenges, its laughter, its thought-provoking ideas and its potential for the future. I met some great people in the group. It opened my eyes to a new way of working on self-development - truly democratic and self-empowering.

Richard introduced us to the concepts and we learned through trying things out in a supportive, friendly environment. The basics are simple to grasp and there is plenty of scope for reflection and discussion around practice sessions.'

- Martin Davies, Leeds 2012

'All 5 days of the co-counselling course were thoroughly engaging (!). Richard's playfulness and open mindedness made me realise that working through issues (stuff) doesn't have to be depressing or frightening. There was lots of gaiety brought about through playing games. I feel that the course allowed me to greatly improve emotional fluidity and learn techniques that I can apply independently thereafter, so in a way the benefits are still to come (!) depending on how I use the tool'

- Joanna Klopotek, Leeds, 2012

"Just wanted to say thanks for sharing that part of yourself with the group, it was shocking, but in a good and memorable way. (My issue) seemed a bit insignificant afterwards... But I acknowledge you shared something very personal and I appreciated that. People really do have a lot of issues, your two classes have been great for me, so thank you."

- Paul Musgrove, Leeds, 2012

Event Dates

Saturday, 19 October, 2013 - 10:30 to Sunday, 17 November, 2013 - 17:30

Venue Details

Venue:

Swarthmore Centre Leeds LS3 1AD

United Kingdom

Phone: 0113 219 5526

See map: [Google Maps](#)

GB

Venue Web site:

Swarthmore Education Centre

Contact Information

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