



## Leeds Free Taster Evening

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Language

English

### Free Taster session (Leeds)

**This evening's event will tell you more about 'Know Yourself!: CCI Core Training' 2016**

Two weekends that can change your life! ?

**+ Reach your creative potential! + Grow your confidence! + Deal with**

**stress! + Learn to handle your emotions! + Assert yourself!**



Come to the taster and/or the above course if you want to find out about this wonderful world of self-discovery and self-realisation. Find out about the unique residential events that are on offer each year, which provide a free network for your personal development.?

I have arranged another of the popular taster evenings...

This is to give you a taste of how we do our personal development in the CCI Network, and should be interesting, useful and fun.

The subsequent course is arranged for two weekends this autumn. Bookings have been coming in for this, but there are still places left.

More information is at [www.confidencetracks.co.uk](http://www.confidencetracks.co.uk) Please book soon to avoid disappointment.

I am convinced that we make a more productive life if we get to know and then connect up these three areas of ourselves:

----EMOTIONS-----

-----THOUGHTS-----

-----BEHAVIOURS-----

The method we use on the course addresses this.



(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.)

### **CCI Co-counselling:**

- Helps you be creative and expansive - you don't have to 'have problems'
- Helps you be honest with yourself and authentic with others
- Is not like 'normal counselling'
- Is not aimed at counsellors - it's for anyone
- Is respectful of each individual's wishes: everything is optional – no one pushes you into anything you don't want to do

Book up soon for the taster and/or course if you want to find out about this wonderful world of self-discovery. Find out about the unique residential events that are on offer each year, which provide a network for both personal development and personal connections.

Date: Monday 19th October 2016

Start time: 7.30pm

End time: 9.30pm.

Venue: Oakwood House, 637 Roundhay Road, Oakwood, Leeds LS8 4BA.

Tel: 07984 002 495

### **Booking and details:**

[www.confidencetracks.co.uk](http://www.confidencetracks.co.uk)

**Booking: email me at [richard@richardmills \[dot\] co \[dot\] uk](mailto:richard@richardmills.co.uk) (cut and paste)?**

### **Richard Mills**

CCI Trainer, BACP Senior Accredited Counsellor/Psychotherapist



### **TESTIMONIALS**

“I’m really pleased I attended the taster session and felt positive vibrations afterwards. I am definitely going to do the Co-Counselling Course – as its a therapeutic tool for life.”

— Nicola Cassidy, Leeds

'I have attended a variety of workshops with Richard and always find them powerful, challenging and exciting. At the same time I know I am safe, though not so safe that I can't grow. Richard is steadfast in his integrity, clarity and honesty, and as such I find him an excellent and inspirational facilitator.'

- Rosalind Ashling, Perth, February 2010

CCI network

"The two hours flew by. I enjoyed trying out the basics of co-counselling, in a relaxed and friendly group. It has inspired me to try the longer course."

— Emma P, Leeds

**'I have known and worked with Richard on and off for 20 years now and always found him to be extremely knowledgeable of the therapeutic process. He is clear and precise and encourages others to be the same. This can feel challenging at times but it is in my experience always for the benefit of the participant. He also has a good sense of humour, useful when people are wrestling with difficult issues, but this is done with care and consideration so you always feel safe. I always look forward to being in a workshop where he is present.'**

**Stephen Gillingham, 2009**

CCI network

"Great fun and stimulating. Thank you Richard for holding this Taster session. I look forward to the course in the autumn."

— Martin D, Bradford

"Interesting, fun and dynamic presentation and processes. A good demonstration of how co-counselling works."

— Taster participant, Leeds

"Enjoyed the event, it gave me a taste of co-counselling & what a full blown version could be like."

— Taster participant, Leeds

'You were an easy going facilitator that enabled me to feel at ease throughout the training. Your sense of humor allowed me to bring clarity and focus to the issues I found most challenging. For this I am most grateful.' C.C., Leeds

*Know Yourself! CCI Core Training*

I hope to see you soon.

Bye  
Richard Mills

#### Event Dates

Wednesday, 19 October, 2016 - 19:30 to 21:30

#### Venue Details

**Venue:**

Oakwood House  
637 Roundhay Road  
Leeds LS8 4BA

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Phone: 07984 002495

See map: [Google Maps](#)

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**Venue Web site:**

[www.co-counselling.co.uk](http://www.co-counselling.co.uk)

#### Accommodation:

N.a.

#### Costs

**Fee details**

Workshop fee £0.00

**Payment Arrangements:**

Free

#### Registration/Booking Information

**Arrangement:**

N.a.

Suggestions for registering

**Which information would you like the visitor to know?:**

Please contact Richard Mills direct at [www.confidencetracks.co.uk](http://www.confidencetracks.co.uk)

**07984 002 495**

#### Contact Information

Richard Mills

07984 002495

richard@richardmills [dot] co [dot] uk

[www.confidencetracks.co.uk](http://www.confidencetracks.co.uk)

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