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## Two weekends to remember!...KNOW YOURSELF!: CCI Core Training

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Language

English

Core Training

### Type of Event:

*'A wonderful experience, maybe even life-changing! Fantastic..... I enjoyed the course, its challenges, its laughter, its thought-provoking ideas and its potential for the future.?Thanks again Richard.'*

*- Martin Davies, Leeds?*



*Come to the course and/or the taster and find out why I posted this image...*

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. Even if you decide to go no further with co-counselling after the course, I plan for the two weekends to be a significant experience in their own right.

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 pair-work, groups, workshops and at CCI co-counselling events worldwide.

Find out more about my approach at [www.co-counselling.co.uk](http://www.co-counselling.co.uk)



(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**

If you book at the taster session: £249. The balance is due by 1st October

If you do not book at the taster session: £285. The balance is due by 1st October

If you pay after 1st October: £320?

A deposit of £50 secures your place.

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

## **Free taster sessions**

**Please check my website**

## **Course dates**

Weekend 1:

Friday 17th October, 6.45pm – 9.00pm

Saturday 18th October, 10.30am – 5.30pm

Sunday 19th October, 10.30am – 5.30pm

Weekend 2:

Friday 7th November, 6.45pm – 9.00pm

Saturday 8th, 10.30am – 5.30pm

Sunday 9th, 10.30am – 5.30pm



**Richard Mills, BA, PGDIM, BSc, LGSMD**

- + BACP Senior Accredited Counsellor/Psychotherapist
- + Confidence and Assertiveness Trainer
- + CCI Co-Counselling Trainer

**More testimonials**

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

- Rosalind Ashling Perth

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

- Tracy Shippey, York

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

- Alan Carver, Leeds

'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

'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

"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

## Even more testimonials...

### Event Dates

Friday, 17 October, 2014 - 18:45 to Sunday, 19 October, 2014 - 17:30

Friday, 7 November, 2014 - 18:45 to Sunday, 9 November, 2014 - 17:30

### Venue Details

#### **Venue:**

Oakwood House

637 Roundhay Road

Leeds LS8 4BA

Royaume-Uni

Phone: 07984 002495

See map: [Google Maps](#)

GB

**Venue Web site:**

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

**Accommodation:**

Non residential

Costs

£249 - £320

## **Payment Arrangements:**

Email Richard: he will send you an invoice showing payment methods

## **Registration/Booking Information**

Suggestions for registering

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

Please contact Richard Mills direct:

Oakwood House,  
637 Roundhay Road,  
Leeds,  
LS8 4BA

Tel: 07984 002 495

email: [richard@richardmills \[dot\] co \[dot\] uk](mailto:richard@richardmills.co.uk)

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

#### Contact Information

**[richard@richardmills \[dot\] co \[dot\] uk](mailto:richard@richardmills.co.uk)**

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