



GetStarted-3

3 Create Relevance

This happens by using Co-Counselling sessions to address issues that really matter to you.

CCI supports this by offering **Topic & Life Cycle** workshops and groups. These are often part of Community Days and residential events.

Here people address a common issue in their lives, called 'Topic' in Co-Counselling.

Some Topics

- Create your life
 - Work and career
 - Performing
 - Intimacy and connection
 - Sexuality and attraction
 - Committed relationships
 - Parenting
 - Healthy weight
 - Bereavement and Grieving
 - Ageing
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