



Level 1 Counselling Skills

Are you interested in learning about Counseling Skills and expanding your knowledge? Our Level 1 Counselling Skills introductory course, is perfect for anyone looking to develop their listening skills. Whether you're preparing for further education or seeking to improve your abilities for everyday life and work, including fields like health and social care this course has you covered!

This course is FREE to complete if you meet all eligibility criteria for funding



What you will learn?

- Understand the issues for which people seek counselling
- How counselling can help people and address issues
- Understand the skills used by counsellors in their role
- Understand the importance of active listening skills for counsellors
- The importance of empathy in a counsellors role
- Understand how to observe boundaries when using counselling skills
- How to apply counselling skills when helping others
- How to apply appropriate active listening skills
- How to recognise and respond appropriately to different emotions
- Learn how to manage your own emotions and prejudices in a counselling role



What you will get?

Accredited Certification

Level 1 Counselling Skills

Enrolment:

Friday 26th April 2024

9.30am-12.30pm

Start Date:

Friday 3rd May 2024

9.30am-2.30pm

3 Sessions Every Friday

Location:

Winsford Work Zone,
Wyvern House, The Drumber,
Winsford CW7 1AH

**To book on to this course or if you have any questions please contact the
Work Zone Team by either phone call or text: 07766 205389**