

## **COUNSELLING SKILLS**

**(1 day)**

**Up to 8 delegates**

Where 'pure' counselling skills are a requirement this course is run as a stand-alone, otherwise elements of this approach can be woven into other man-management skills courses.

The content is as follows:

- Welcome/personal objectives and likely use of counselling skills
- Personal experiences of counselling
- Definition of what counselling is
- The 'Pure Counselling' model – discussion
- Counselling skills quiz – pairs
- Preparing for a counselling session
- Understanding the client – body language clues
- Building empathy and rapport
- Counselling in the workplace
- Role plays
- Review objectives