



College of Counselling Studies *New England North West*

Providing local quality training in counselling for over 30 years



Know Yourself Course

Understanding our Emotional intelligence

Who Can Do This Course

This is a good course for everyone.

It helps people to understand themselves and others.

. They then are able to manage personal relationships better.

The Course is conducted in
four-day sessions usually over 2 weekends

Session 1:

Just About Me

What goes on inside your head?
How much of your responses
are conditioned by earlier experiences?

Session 2:

Relating to One Another.

What do you do when relating with
others and why? Can you give and
receive feedback without distress?

Session 3

How I React in Conflict.

How do you react when people disagree
with you? Do you have to lose or win?
Discover new ways to resolve conflict.

Session 4:

Working in Groups.

We participate differently in different
groups. Discover how you act in a group.
Would you like to do it differently?

For information contact:

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