

## How do I book?

Send a completed booking form to the Training Co-ordinator by email to: [training@network.org.uk](mailto:training@network.org.uk) and arrange payment. Forms may be downloaded from our web site: <https://network.org.uk/being-there/>

Cancellation policy: ***If a confirmed booking is cancelled up to 14 days prior to the start of the course a refund of the full amount (minus deposit of £20) will be made. After 14 days prior to the start of the course the full fee remains payable. If the course is cancelled by Network at any point, all fees will be refunded.***

## About Network Counselling and Training


Network is a well-established Bristol-based charity offering **affordable counselling** to all, alongside a person-centred integrative counselling training programme.

Network Training offers **two introductory courses** in listening skills/counselling, one of which can also be delivered to outside organisations in a flexible workshop format to meet their specific training needs.

Network also offers a one-year part-time **Advanced Certificate in Counselling Skills** (quality-checked by The National Counselling Society) and a two-year part-time **Advanced Diploma in Counselling** (accredited by the British Association for Counselling and Psychotherapy (BACP)).

In addition, Network offers a full programme of **Continuing Professional Development** for counsellors and other professionals, in the form of short courses and workshops on a range of specialist topics.


For further information about Network please visit our website – [www.network.org.uk](http://www.network.org.uk)



# Being There

## An introduction to listening and counselling skills

**Wednesdays 6.30–9.00pm**  
14 September to 7 December 2022



**network**  
counselling and training

Network Training  
Elm Park, Filton, Bristol BS34 7PS  
Registered Charity no. 292801  
Company registered by guarantee reg. no. 1951370

# 'Being There'

## An Introduction to Listening & Counselling Skills

### Introduction

If you are involved in any form of helping relationship – for example, nursing, teaching, support work, youth work or pastoral care – and want to develop your listening and communication skills, this course is for you. It is also a suitable introductory course for those who are considering training as counsellors.

The course is open to anyone who has an interest in working with people. You do not need any previous experience of listening to or supporting others. It is, however, important to recognize that a small part of the content of this course is Christian in its perspective and that in addition to covering the same ground that any good listening skills course would address, we also include topics that will be particularly relevant for those working in a pastoral context.

Good listening lies at the heart of any effective helping relationship and this course will enable you to identify and develop the skills you already have as well as to acquire new ones. You will explore the personal qualities needed to be a good listener, you will learn about the importance of listening to yourself as well as to others and you will be invited to embark on a gently challenging journey of self-discovery.

You will be introduced to a range of basic listening skills and will also have the opportunity to explore some of the difficulties and sensitive issues you may encounter as a listener, such as maintaining confidentiality, holding appropriate boundaries and dealing with people's defences.

### What form will the sessions take?

This is a 12-week training course that will take place on Wednesday evenings from 14th September to 7th December 2022, with a half term break on 26th October.

Each session will last for two and a half hours – from 6.30pm to 9.00pm – and will begin with a theoretical seminar (involving short teaching sessions, small group discussions and skills demonstrations). This will be followed by a short coffee break, and then a listening skills practice session in small groups led by a facilitator. Here you will have the opportunity of listening to each other in order to practise and develop the skills you are learning.

### What additional work will I be asked to do?

You are asked to keep a personal learning journal throughout the course in order to encourage you to reflect on your learning experiences. You are also required to do a small amount of preparatory reading before each session.

In addition, you have the opportunity to complete three short written assignments – an essay and a personal development profile (both 1,000 words) and a brief self-assessment of your listening skills. You may choose not to complete the written work, in which case you will be awarded an Attendance Certificate only. To be eligible for the full Certificate of Achievement, you will need to have completed all the written work and attended at least 10 out of the 12 sessions.

### How much does the course cost?

**Course fee: £250 per person**

The fee can be paid in one lump sum or in three instalments. Payments to be made by electronic bank transfer.