

Cancellation policy: *If a confirmed place is cancelled by the student up to 14 days prior to the start of the course a refund of the full amount (minus deposit of £25) 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.*

### How do I apply?

Please send your completed application form to the Training Coordinator at the address on the form, or by email to [training@network.org.uk](mailto:training@network.org.uk). Once your application is approved we will confirm and send details on how to make payment.

### 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 **introductory courses** in listening and counselling skills, 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 to three-year part-time **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)

## ‘On Becoming a Person’



**network**  
counselling and training

**A 12-week part-time course**  
Wednesdays 6.30 - 9.00pm  
22nd April to 15th July 2020  
(half-term break 27th May)

Network Training, Elm Park,  
Filton, Bristol BS34 7PS  
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E-mail: [training@network.org.uk](mailto:training@network.org.uk)  
[www.network.org.uk](http://www.network.org.uk)

# **‘On Becoming a Person’**

***“...the goal the individual most wishes to achieve, the end which he knowingly and unknowingly pursues, is to become himself.”***  
**(Carl Rogers)**

## **Introduction**

The journey towards knowing ourselves is on-going. It is a process of becoming; a journey towards greater self-awareness, self-understanding and self-acceptance.

Following on from Network’s increasingly popular introductory courses, this exciting new course builds on some of the self-awareness that students began to explore in Being There and A Way of Being. Its aim is to develop increased levels of awareness, understanding and acceptance of self. It is suitable for:

- Those who have completed A Way Of Being and wish to continue with the self-awareness journey they started on the course. (NB: Attendance on a previous Network course is not a requirement for joining On Becoming A Person.)
- Those who are considering counselling training and want to find out more about the personal development aspect of counsellor training.
- Anyone who is interested in getting to know themselves better, or who may be tired of being who others expect or want them to be and are seeking to live more authentically as themselves.

## **Students will be invited to consider such questions as:**

- Who am I ?
- How do I relate to others?
- How can I practice self compassion?

***“Perhaps the journey is not so much about becoming anything. Maybe its about unbecoming everything that isn’t really you, so you can be who you were meant to be in the first place.”***  
**(Summersaldana.com)**

## **What form will the sessions take?**

This is a 12-week training course that will take place on Wednesday evenings from 22nd April to 15th July 2020, with a half term break on 27th May.

Each session will last for two and a half hours – from 6.30pm to 9.00pm, with a short coffee break halfway through.

The learning will be largely experiential and interactive: involving both individual and small group work.

## **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. There may be a small amount of preparatory work before each session.

In addition, you have the opportunity to complete a personal development profile (of 1,500 words). All participants will receive an Attendance Certificate, but If you choose not to complete any or all of the written work, this will be reflected in the accompanying transcript.

## **How much does the course cost?**

**Course fee: £240 per person**

The fee can be paid in one lump sum or in three instalments. Payments may be made by electronic bank transfer or cheque (made payable to “Network Counselling & Training Ltd”).

*If the cost is a prohibitive factor for you, please contact the Head of Training ([training@network.org.uk](mailto:training@network.org.uk)) to enquire about grants available.*