

# 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 2nd February 2024  
9.30am-12.30pm

### Start Date:

Friday 9th February 2024  
9.30am-2.30pm

**3 Sessions Every Friday**

### Location:

Northwich Work Zone  
Waterside House, Navigation Road,  
Northwich CW8 1BE

**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**