

# Accidental Counsellor

Do you find others (friends, family members, colleagues, clients, customers) often open up to you and share their problems, sometimes distressing situations, and ask you what you think they should do?

Would you like to be clearer about what to say or do to really help them?

This one day workshop will:

- Define the role of Accidental Counsellor
- Explore the differences between supporting, helping and rescuing
- Explore the significance of self-awareness, emotions and empathy
- Look at the desirable traits required to help
- Practise appropriate skills to help in a safe way
- Consider how to support someone to seek further help if needed
- Look at self-care strategies

**Where:** WEST LEEDERVILLE - Level 1, 22 Southport Street

**When:** Friday 3 December 2021

**Time:** 9.30am - 4.30pm

**Cost:** \$120 per person

**Bookings are required. Please phone 6164 0200 to enrol.**

For more information about our courses and workshops, please click [here](#) or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)