

# Accidental Counsellor

## West Leederville



Do you find others (clients, customers, colleagues, friends, family members) 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
- look at the desirable traits and skills for an accidental counsellor
- explore the significance of self-awareness, emotions, personal perception filters and empathy
- look at self-care strategies

**When:** Thursday 17 September 2024

**Time:** 9.30am – 4.30pm

**Where:** West Leederville – Level 1, 22 Southport St

**Cost:** \$120 per person, \$60 concession



For information about our courses and workshops please call 6164 0200 or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)

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