



Fundamentals Course, for Personal & Professional Development with

Rea Danielle

There is a way to **transform...**

...unuseful behaviour, that stops you from
being who you want to be and can be

...limiting beliefs that get in the way of
*succeeding in what you want
and having what you want...*

...undermining thoughts that unsettle your
*confidence and feeling OK with
yourself...*

But it is only *for those who want
to make these transformations...*

And if you feel well sorted in that way,
then there is no need to read on... 😊

...and **what** kind of transformation?

CoCounselling

CoCounselling is a unique and effective way to cope with personal stress or crisis usefully. A way of taking charge of life creatively and confidently - such as in relationship, health and finance.

For people who are coping adequately, and sense that their lives could be more productive, creative, healing, loving, successful and fulfilling

Cocounselling has been well established for 50 years and its concept has become a baseline for many other cutting edge trainings

CoCo Community

CoCounselling supports the notion, that human beings grow and flourish within an environment of being loved, appreciated and encouraged (rather than by negative criticism), and this applies as much to adults as to children. This way of being is also a way of life, within the CoCounselling Community,

CoCounselling events

There low cost, evening, day, weekend and week long events, that can be attended by graduated members of which you can become an international member having successfully completed the 40 hour fundamental course.

Booking Details:
Rea: 020 8440 2099

...and **who** is it for?

Carers

A process for personal and professional development, in which we train as counsellor/mentors with others, exchanging focused and specific skills, on an *equal basis*

Useful for people in the health and helping professions, therapists, volunteer workers, advisory and management, senior office staff, teachers, training officers, councillors and business executives, etc

For developing satisfying and constructive approaches in life, responding to others with care and intuition, and staying 'adult' when we feel provoked

CoCounselling Fundamentals Course

Covers 40 hours of training, in the fundamental, core principles of cocounselling

Support Network

An ideal support network for people caring for others. An opportunity to continue practising skills, as an ongoing support in day-to-day life with other 'coco' peers. Arranging cocounselling sessions with other 'coco' graduates, in the national and international community community

...and **what** do we do?

Skills

We practise skills, for undoing and transforming our conditioned, self-undermining patterns - providing the opportunity to change unuseful behaviour and to validate our existing skills and abilities

Gains

You will also learn processes for being effective in goal setting and life planning, acknowledging your strengths, building assertiveness and confidence

...and **how** can we do this?

Process

A trained facilitator presents the programme, and guides you through a gradual and effective process, that can become natural, as well as essential skills for life

...and **when** can we do this?

Practice

We practise in pairs and groups, during and in between the course and whenever we chose to arrange, after the course

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Rea: 020 8440 2099

Booking form on the following page...

CoCounselling for Personal & Professional Development

Course Details

2 evenings + 4 w/e days + 1 Graduation Day - inclusive
(complete trainings = equivalent of 6 days @ £40 pd)

Venue: New Barnet- Tube: High Barnet/BR: New Barnet

Dates ~

W/end 1 Oct 9/10/11
Friday ... 7.00 pm - 10.00 pm
Sat-Sun ... 9.30 am - 5.00 pm

W/end 2 Oct 31/Nov 1
Sat-Sun... 9.30 am - 7.00 pm
9.30 am - 7.00 pm

W/end 3 Nov 28th
Sat - Graduation Day 9.30 am - 7.00 pm

Fee: W/E 1,2&3 £240/210 conc possible

Repeater rate £200

Fees paid in full by May 1st * numbers limited

N.B. (concessions available once group size reaches 12 +)

* installments accepted - paid up before course start date



Name

Tel/Fax/Email

Address

I enclose a cheque payable to:

R. Danielle for £.....

Please complete and return this slip to:

Rea Danielle

c/o 114, Leicester Road, New Barnet

Herts, EN5 5DN

Membership to the Community Network,

CoCounselling International (CCI),

requires attendance on Graduation Day

and qualifying through the graduation process

Rea Danielle

is a Co Counselling Tutor, a Therapist, Group Facilitator, Trainer, Coach and a Consultant, with 25 years of extensive experience, including Master Practitioner and Health Certification in NLP She also trains Facilitators, Group Leaders and Practitioners, within the area of Personal Development, Complementary Health and the Healing Arts

Rea has a private practice, for individuals, couples and young people -offering therapy, counselling & one-to-one coaching, specific to the client's needs

Feedback from course participants

I appreciate your gentleness & artistry with people, generating power in others with passion & love - Thelma

I can't remember ever before having such support.. it is touching and overwhelming - Vanessa

Rea walks her talk, She is a fantastic teacher for me.. her willingness to come back to love, desire to be 'a part of' rather 'the leader of' inspires me... - Felicity

Your generosity vision and perseverance in facilitating this for us. It is very beautiful and strong - David

'An amazing lady who has strength, depth and wisdom, and has accompanied me to places I wasn't sure I could go... Sophie

You are a model for me. Dedicated, playful, with fantastic intuition - Anna

I appreciate the way Rea can go with her instinct - her modelling has helped me enormously - Graeme

I really appreciate your depth and knowledge, your commitment and compassion. How with grace, you have guided me with ease through deeper places - Sapphire