

# TRAINING IN WORKPLACE COUNSELLING SKILLS

## TWO DAY EXPERIENTIAL TRAINING IN APPLYING BASIC COUNSELLING SKILLS WITHIN YOUR WORKPLACE

- Defining the difference between using counselling skills & counselling
- Learn active and effective listening and responding skills
- Enhance interpersonal communication skills
- Develop an empathic, non-judgemental and empowering approach in working with young people

Explore how to build trust and rapport in boundaried but genuine, helping relationships with young people

- Improve professionalism through developing self awareness & reflective interpersonal skills



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# **WORKPLACE COUNSELLING SKILLS**

Staff working directly with young people often find themselves confronted with interpersonal challenges within these relationships.

Many young people suffer from mental health problems; have abuse histories, behavioural problems and emotional difficulties.

Front line staff are often the adults that these young people turn to and want to talk with about personal problems they are experiencing. Yet many staff do not have the confidence or communication skills to respond effectively to the complexity of such communications.

Training on how to use basic counselling skills appropriately within the workplace can help staff manage their interactions with all the young people they work with and enhance their practice.

**Trainer: Niki D (psychotherapist)**