

COSCA Counselling Skills Certificate

- ◆ Relating counselling skills to theory and self awareness
- ◆ Four 30 hour modules at £360 +VAT per module
- ◆ Each module is taught one day a week over 6 weeks
- ◆ Validated by COSCA, www.cosca.org.uk

About Us

Rowan is involved in the support, training and development of people and organisations. We are a team of professional counsellors, trainers, and mediators with experience in a variety of fields including education, management and caring professions.

Our focus is on providing a quality service to organisations and individuals in Scotland, to release blocks to creativity by increasing self-awareness and knowledge.

As well as workshops, Rowan provides

- ◆ Individual and couples counselling and psychotherapy
- ◆ Employee counselling schemes
- ◆ Coaching
- ◆ Supervision
- ◆ Workplace mediation



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**Training
Menu**

ROWAN

People, Potential, Growth

Effective Listening

- ◆ Listening skills and non-verbal communication
- ◆ Reflecting feelings and paraphrasing
- ◆ What stops us from really listening?

Anger Management

Anger is a natural response to hurt, frustration, loss or fear. It can be a positive force

- ◆ The effects of anger on our bodies and minds
- ◆ Some strategies for managing your own anger
- ◆ A four-step strategy for dealing with angry people

Assertiveness

- ◆ Identify aggressive, assertive and passive behaviours
- ◆ Practise assertiveness techniques
- ◆ Practise responding to criticism openly and assertively

Bereavement Awareness

- ◆ Stages of grief
- ◆ What helps and how to help
- ◆ Support and referring on

Creative Living

- ◆ A creative approach to exploring self awareness and personal potential
- ◆ Experience guided imagery and relaxation
- ◆ Various art materials will be used for self expression

Moving into Management

For new managers to reflect on the challenges of their role and essential management skills.

Handling Bad News

A workshop for anyone supporting recipients of bad news

- ◆ What is bad news?
- ◆ 10 step approach to giving bad news
- ◆ Applying theory to practice

People Skills for Managers

- ◆ Identify the qualities of a good manager
- ◆ Appreciate the vital role of emotional intelligence
- ◆ Practice dealing with angry or defensive colleagues
- ◆ Learn effective communication techniques

Stress Awareness

- ◆ Recognise symptoms of stress in yourself and others
- ◆ Identify some causes of stress
- ◆ Learn several practical stress buster techniques and strategies

Time Management

- ◆ Planning, prioritising and why we procrastinate
- ◆ Practical tips to be more efficient and effective
- ◆ Are you a time hawk or a time dove?

Valuing Diversity

Everyone has to deal with diversity. The challenge is to turn the differences between people to advantage rather than suffering them or merely tolerating them.

- ◆ Know the benefits of valuing diversity
- ◆ Use differences to get better results and greater harmony
- ◆ Identify the key personal actions that will help you make a difference