

# ACCIDENTAL COUNSELLOR

Full day course

Have you ever been caught without the words to help a friend, family member, client, customer or co-worker who was dealing with a distressing situation? This one day workshop will provide you with the knowledge and skills to help you to help them in a safe way, without feeling you have to advise, problem solve or take responsibility

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:** 29 March , 2022  
9.30am to 4.30pm

**Where:** Relationships Australia WA  
Lotteries House  
7 Anzac Place, Mandurah

**Cost:** \$120pp

***Places are limited - book early to avoid disappointment.***

To book online scan this code or visit [www.relationshipswa.org.au](http://www.relationshipswa.org.au)

Alternatively you can contact (08) 6164 0588 or email [Mandurah.Education@relationshipswa.org.au](mailto:Mandurah.Education@relationshipswa.org.au) to register today!

