



Supporting Distressed and Emotional People

An online virtual 8 hour Relate workshop (delivered over 2 hours once a week for 4 weeks) from the acknowledged experts in counselling.

This course is for anyone who is currently dealing with emotional and distressed people, for example HR staff, health and social care providers, voluntary and statutory organisations or for personal use at home or at work.

The course will be costed at £50 a week and **full attendance** of the course (total cost £200) will lead to a Certificate from Relate Kent.

By the end of the course the participants will have:

- Explored their own emotional resilience in times of stress
- Explored the need to build trust and rapport
- Gained an understanding of how they can positively influence a situation
- Practised effective questioning and listening skills
- Practised managing a variety of emotions

Next course dates: September 3rd, 10th, 17th and October 1st 10am-12pm

Run by a Relate trainer who is also an experienced counsellor, this course is designed to give participants the opportunity to learn the basic skills and therefore work more effectively with people who are struggling in these difficult times. We can also offer these sessions “**in-house**” at dates and times to suit your own organisation’s needs.

To make a booking or for more information:

Please telephone Lynne Murphy at Relate on **01302 347749** or email her on lynne.relatekent@gmail.com

To make a booking:

Please complete and return the attached form(s) by email. To make the payment (by bank transfer) please telephone Lynne Murphy at Relate on **01302 347749** or email her on **lynne.relatekent@gmail.com** (we cannot accept cheques or credit card payments at the moment)



Supporting Distressed and Emotional People Course Booking Form September 2020

NAME :

COMPANY & POSITION HELD:.....

ADDRESS:

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.....
.....

MOBILE NUMBER (in case we need to contact you on the day):.....

LANDLINE TELEPHONE :

EMAIL :

I have made a payment of £200.00 to "Relate Kent"

This form and the payment must have been received before we can offer you a place on the course.

For payment by BACS, please contact Lynne Murphy on 01302 347749 or email lynne.relatekent@gmail.com

In the unlikely event of cancellation by Relate a full refund will be given. Should a participant need to cancel their booking, a full refund will also be given if notice is given no less than 14 days before the start of their course. Any cancellation made after this date will not receive a refund.

Please email the completed booking form and pre-course questionnaire to lynne.relatekent@gmail.com

Pre-course questionnaire

The following questions will help us to ensure you get the most out of your Relate course. Please complete and return **with your booking form**.

Your name:			
Course title:		Supporting Distressed & Emotional People	

How did you hear about this training course?
Please state where you work and what type of work you do.
What other training (if any) have you had which is similar to this course?
What are your objectives in doing this course? E.g. to help you in your job role.
What are you most looking forward to in participating in this course?
What are you <u>not</u> looking forward to?
Please give details if you require additional support as a result of a disability, medical condition, or specific learning need, such as dyslexia. Please contact Relate if you have any queries or wish to discuss requirements confidentially.

Thank you for your time. We look forward to working with you.