

Co Counselling

Learning to co-counsel means learning a series of simple techniques to build on our strengths, transform past pain and uncover and realise new potentials.

Working in peer based relationships, you will gain the skills to engage in the field of presence between two people to facilitate growth within a safe, supportive culture.

It is based on the belief that within each person is a source of wisdom and self directing intelligence, with the ability to deepen and expand our human capacities to love, understand, choose and create.

Co-Counselling focuses on the development of emotional competence. It keeps us clear of unaware distress so we meet others from a place of clarity, ease and creativity. This programme is particularly useful for anyone wanting to promote peer, co-operative ways of engaging with others.

After the training

At the end of this training you can become a member of Co-Counselling International, with access to Auckland, New Zealand and Internationally based Co-Counsellors and events.

In 2017 there are on-going peer groups, advanced training, a winter gathering, and an Internationall Gathering in January 2018.

The Leaders

Anne Bailey is an international author, facilitator, coach and educator, and co-author of four books on facilitation and working co-operatively. She has a profound belief in our natural ability to self-heal and to create potent, rich and compassionate lives with ourselves, others, our communities and our planet. She has been a Co-Counsellor since 1978 and led Co-Counselling training since 1992.



www.Co-Operacy.info

Robyn James has been an active

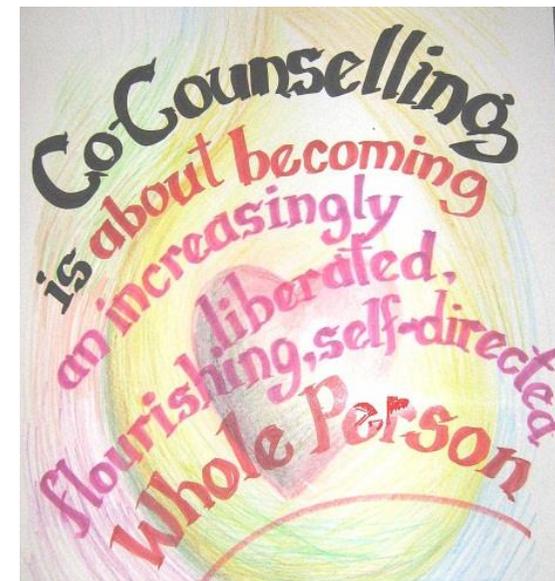


member of the Co-Counselling community since 2003. Robyn has 22 years' experience as a counsellor and group facilitator. She is passionate about supporting people to make powerful change in their lives and experience even more joy and fulfilment. She an accredited Co-Counselling teacher.

Hearten Up Co-Counselling Training

Two Friday evenings & two Weekends

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Co Counselling is a radical personal development method that engages us more fully with our aliveness, our compassion and natural energy for life.

Feb 17th -19th & Mar 3rd -5th 2017

**Venue: Sharda Centre, Tuakau
- Live-In**

Times: Fridays 7.00pm - 9.30pm

**Saturday 9am – 9pm
Sundays 9am - 3pm**

Registration Form

You will:

- Experience more of your personal presence and power.
- Celebrate your strengths authentically.
- Design your life from a place of deep personal authority.
- Explore and discover how your personal history impacts on you in the present.
- Heal emotional pain from your past.
- Build emotional competence.
- Learn to switch emotional states as a choice.
- Identify and reframe self-limiting beliefs.

Name:

Phone:

Email:

π Please make internet payment to
Olsen & Mayo 01 0455 0009730 00
with your name and "CCB" in the particulars.
(Please also email Anne advising of
your registration.)

π OR enclose a cheque for payment
made out to R.Mayo with your
details and Co-Counselling on the
back

Fee: Sliding scale \$750 - \$500 incl. gst

Present Co Counsellors and students: \$350.

Non-refundable deposit: \$150

Scholarships available on application.

For information on any aspect, contact:

Anne anne@co-operacy.info
m: 027 275 7899; ph: 09 376 3711

Robyn robynjayejames@gmail.com
m: 027 339 7761

Mail: P O Box 47652,
Ponsonby
Auckland 1144

Outcomes:

Practising Co-Counselling
expands your ability to:

- Be fully present to yourself, to other people, and to your environment.
- Connect with what you really want and action plan to achieve it.
- Recognise and build on your strengths.
- Trust your whole self – intellectually, physically, creatively, emotionally, intuitively, and spiritually.
- Transform personal pain.
- Interrupt self-limiting beliefs.
- Free up abundant energy for a joyous and zestful life.
- Tap into and respond to your life energy.
- Expanded ability to address issues of social change.