

Presence in Love

Co counselling Training

Rex McCann & Nina Hawkins

April 14th – 18th 2018

This is a training in transformational relating and spiritual embodiment. It aims to align you with your inner guidance and can change forever the way you relate to yourself and others.

It does this by strengthening your relationship to the already at ease presence inside yourself, while alerting you to patterns that take you away from this natural peace. It gives you precise and effective tools to clear early created conditioning that formed a limited identity.

The radicalness of co-counselling is that it is relational spirituality, practised in community, and focused on individual responsibility for our inner state. It assumes that we are not broken, have nothing to fix, and works with peer empowerment to support each other to connect with our state of original ease through the quality of our presence. Co-counselling sessions are also used to clear emotions, enhance creativity, set goals, establish new beliefs and deepen spiritual awareness.

This 40 hour experiential training provides a clear theoretical base as well as skills to work with our emotions. It teaches us to track the core needs that sit underneath current feelings, while simultaneously reconnecting us with our original loving heart. We can then choose to live life from our core rather than reacting from limited conditioning. All this is achieved through training you to be your own expert guide.

It is valuable for anyone wanting to interact in a genuinely facilitative way with themselves, family, their community and work colleagues. It is also useful for people who want to promote empowerment in others and peer oriented ways of working, such as facilitators, leaders, managers, therapists and teachers. For example, it is one of the foundations of the culture of the Essentially Men Community that has transformed the lives of men in New Zealand for the past 25 years.

Co Counselling best suits people who have an interest in taking charge of their own process because the illusion of disempowerment is so deeply rooted in the prison of personal identity, that it is easy to forget the one responsible for our own happiness is ourselves.

Times

9.00am – 5.30pm

April 14th – 18th 2018

Saturday - Wednesday

Venue: Auckland

Cost of training: 5 days training \$1295 (sliding scale to \$795)

Those on lower incomes have the option of sliding down the scale to a place that works. Payment plans and some subsidised places available.

Refresher: \$450 for those retaking the programme.

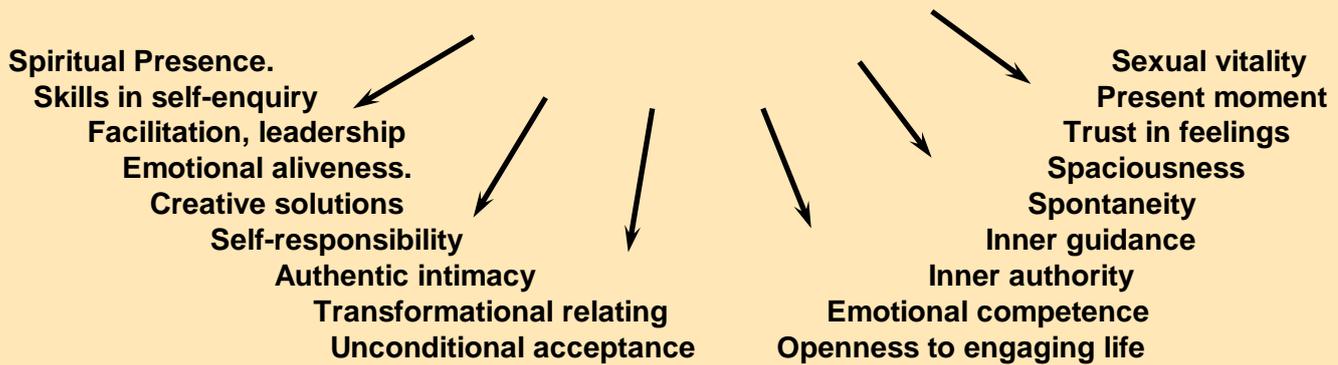
Enquiries: Nina Hawkins 0274 646 205

nina.hawkins@gmail.com **Web Site:** www.coco.org.nz

Registration: Follow instructions overleaf.

Co-Counselling is a transformational process that moves us beyond the limited patterning of the past to a recovered awareness of who we really are.

Presence in Love



Nina Hawkins is a trainer, facilitator, coach and storyteller with a decade of experience in group work. She is warm hearted, straight shooting, centred in her own spirit and committed to serving life through the gifts unique to her. As a co-counselling teacher Nina's style is playful, revealing, insightful and generous.



Rex McCann founder of Essentially Men, is widely known and respected for his work with men throughout New Zealand and abroad. He is an author (Fatherless Sons. Harper Collins) and a Co-Counsellor since the early 1980's and currently facilitates groups worldwide. Rex has given up trying to improve himself and has fallen in love with the life-force that lives through him.

History

Originally Co-Counselling was developed in the USA in the 1960s. Co-Counselling International (CCI) was founded in 1974 by John Heron and placed self-direction as a corner stone of the work. It has for many years been well established within the mainstream of humanistic psychology and continues to evolve and reinvent itself. This programme with Nina and Rex deepens the spiritual presence at the core of Co counselling.

Completing the training gives you access to the Co-Counselling network in New Zealand and internationally. This work involves more than just thinking through and talking about issues. It involves emotional and physical processes. Co-Counselling recognises that we cannot separate what goes on in our minds and our bodies. It provides an excellent framework within which to incorporate other counselling and therapeutic modalities.

Cost: \$1295 - \$795. Sliding scale – This means the cost for those employed and financially secure is \$1295 and those on lower incomes have the option of sliding down the scale to a point that works for them. Payment plans available.

Enquiries: Nina Hawkins 0274 646 205 nina.hawkins@gmail.com

Registration: Email nina.hawkins@gmail.com with: **Your full name, address, email, phone numbers.**

Payment: Deposit directly into BNZ 02-0472-0171211-001 Include your **name and COCO1**. Then **send an email** to Nina confirming the amount you have paid. Deposit \$350. Full payment due by April 1st at latest.
