



CPD Programme 2008-09

LISTENING TO OURSELVES, LISTENING TO EACH OTHER

Presented by: CHERRIL WILSON-TOFT (PGCE, MA Counselling, BACP accred.)

Friday 10th October 2008 – 10am to 4pm – Munro House, Leeds city centre

Overview of the Workshop

Listening is an essential skill that creates relationships of understanding and mutual respect. This workshop will help you think about the qualities that enable you to be a good listener. You will gain a stronger sense of your own strengths and possible areas of development as an effective listener. The workshop will involve exploring theoretical models that influence our communication processes, practising listening skills, and reflecting on how our own sense of self influences the communication process with others.

What you will gain from the day

- Be able to identify and develop your strengths as an effective listener
- Learn how to listen effectively to build rapport with colleagues and clients

Who should attend

This workshop is suitable for anyone who needs effective listening skills to succeed in their role. It will be of particular interest to volunteers, staff, and managers working in health, social care, voluntary, and community work.

The tutor

Cherril Wilson-Toft is an experienced counsellor, clinical supervisor, and trainer, with a background in education. Her experience includes delivering ongoing training and staff development services to a number of voluntary and statutory organisations. Cherril's workshops help participants to apply their learning to their work and personal development.

**FEE: £75, to include refreshments and lunch, materials and CPD workshop
(£65 if more than one workshop booked at the same time)**

**Leeds Counselling is a charity providing accessible counselling services across the city.
Your workshop fee will be used to support our charitable activities**



CPD PROGRAMME 2008 – 2009

Leeds Counselling's Continuing Professional Development programme is intended to assist counsellors, psychotherapists and other professionals from diverse theoretical backgrounds. We are pleased to present some experienced practitioners to lead these workshops and offer fresh perspectives that will both stimulate your thinking and enhance your work with clients.

CODE	WORKSHOP DATE	WORKSHOP LEADER	WORKSHOP TITLE
SEP-GS	12 th Sept 08	Gabrielle Syme	Fetters or Freedom : Exploring the Limits
OCT-CWT	10 th Oct 08	Cherril Wilson-Toft	Listening to ourselves, Listening to each other
NOV-AG	21 st Nov 08	Alison Gilmour	Bringing creativity into the counselling room
DEC-KDB	5 th Dec 08	Kim Dent-Brown	Introduction to 6-part story method
JAN-EW	30 th Jan 09	Ewa Wojciechowska	Destructive processes in groups : a psychodynamic exploration

FEES: £75 (£65 each if more than one workshop booked at the same time) includes lunch, materials and CPD certificate

VENUE: LAF Training Suite, Munro House, Duke Street, Leeds (opposite the bus station)

TIMES: 10am – 4pm, with registration from 9:30am

BOOKING FORM

I would like to reserve _____ place(s) on the following workshop(s): Code(s) _____

1st delegate name _____

2nd delegate name _____

Contact Address _____

Daytime Tel. No. _____ Mobile _____

Email _____ Profession _____

PAYMENT – Please highlight

- I enclose a cheque made payable to Leeds Counselling for the sum of £ _____
- I enclose an official invoice request / purchase order from my employer for the amount of £ _____

Please send to: Lisa Ellis, Leeds Counselling, Leeds Bridge House, Hunslet Road, Leeds, LS10 1JN
TEL (0113) 243 3400

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