

EMOTIONAL WELLBEING

TWO DAY COURSE

July 22nd to 23rd 2017 Cost £120

**Feeling Better Living Better
Understanding Our Emotions**



This Course provides an understanding of how our emotions impact on our daily lives and relationships.

It gives practical support to help us to develop self – confidence, understand our needs and improve the quality of our relationships.

This understanding enables us better to manage our lives effectively.

To Book or for more information, please email **Jenny Procter**, Training Co-ordinator.
training@emotionaltherapeuticcounselling.org.uk
www.emotionaltherapeuticcounselling.org.uk



Foundation for Emotional Therapeutic Counselling

Supporting positive change towards emotional wellbeing



The Foundation for Emotional Therapeutic Counselling is a registered Charity providing Face to Face Counselling Emotional Wellbeing Courses and Accredited Counsellor training. Our Trainers are all experienced practicing Counsellors with a high degree of expertise and knowledge.

Venue

The Isbourne College
Isbourne House
Wolseley Terrace
Cheltenham
GL50 1TH