

EMOTIONAL WELLBEING

TWO DAY COURSE

July 1st to 2nd 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 call Sangha House Reception on 08000191635

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

Sangha House
1st Floor Mitre House
Tower Street
Taunton Somerset
TA1 4BH