

Workshop	What to Bring
Affirmation stones	Paper and colouring pens (checked)
Connecting Mind, Body and Heart	--
Creative Coaching Interventions for Counsellors	<ul style="list-style-type: none"> Felt tips/colouring pencils/pens of choice
Finding Your Voice	--
Flow as a river - From Cinderella to Sassy Sandy!	--
Heart and Vulnerability Group	--
Inner child interventions: 3 key creative ways of working	<ul style="list-style-type: none"> Felt tips/colouring pencils/pens of choice
Rhythmic Resonance	<ul style="list-style-type: none"> If you have a hand/frame drum you are welcome to bring it. If you don't, a drum will be provided Please bring a cushion if you would like to sit on the floor
Shame and values	--
The Anger Continuum	--
The Playful use of Metaphor in Supervision and Counselling	<ul style="list-style-type: none"> Felt tips/colouring pencils/pens of choice Scissors and glue stick if you have them
Working with Couples	<ul style="list-style-type: none"> For those who do Couples Counselling, please feel free to bring any suggestions for good books, activities or other ideas to share with one another during discussion time