

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"> <li>Felt tips/colouring pencils/pens of choice</li> </ul>
Finding Your Voice	--
Flow as a river - From Cinderella to Sassy Sandy!	<ul style="list-style-type: none"> <li>Felt tips/colouring pencils/pens of choice and paper</li> </ul>
Heart and Vulnerability Group	--
Inner child interventions: 3 key creative ways of working	<ul style="list-style-type: none"> <li>Felt tips/colouring pencils/pens of choice</li> </ul>
Rhythmic Resonance	<ul style="list-style-type: none"> <li>If you have a hand/frame drum you are welcome to bring it. If you don't, a drum will be provided</li> <li>Please bring a cushion if you would like to sit on the floor</li> </ul>
Shame and values	--
The Anger Continuum	--
The Playful use of Metaphor in Supervision and Counselling	<ul style="list-style-type: none"> <li>Felt tips/colouring pencils/pens of choice</li> <li>Scissors and glue stick if you have them</li> </ul>
Working with Couples	<ul style="list-style-type: none"> <li>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</li> </ul>