



Deep Release Online
Professional Training for Counsellors

Understanding Stress & Burnout: Supporting Clients to Reconnect to Self Programme (subject to change)

09.30am	Welcome
09.35am	Session 1 : How are we feeling today?
09.40am	Session 2 : Stress: what is it and is it a new problem?
10.10am	Buddy Group 1
10.25am	Break 5 mins
10.30am	Session 3: All about Burnout
11.00am	Buddy Group 2
11.15am	Break
11.20am	Comments and Questions
11.30am	Session 4: Listening to the messages of stress & burnout
12.00pm	Break
12.05pm	Session 5: Morag: Listening to the Body
12.30pm	Buddy Group 3
12.45pm	Comments and Questions
12.55pm	Information and Resources
13.00pm	Finish