



CORK COUNSELLING CLINIC
PSYCHOTHERAPY · MEDIATION · COACHING

PERSONAL DEVELOPMENT COURSES



Personal Development Courses

In the bustling pace of modern life, taking the time to understand oneself can often fall by the wayside. Recognising this need, Cork Counselling Clinic is delighted to introduce our latest offering: a comprehensive 10-week Personal Development course designed to foster self-awareness, enhance interpersonal skills, and promote emotional wellbeing. Set in a supportive and nurturing environment, this course is an interactive, experiential, and educational odyssey into the heart of personal development.

Course Overview

Our Personal Development course runs once a week in the evenings, making it accessible for working professionals, busy parents, and students alike. Each session lasts two hours and is structured to encourage participation, reflection, and personal growth. The course is facilitated by a selection of our skilled practitioners who specialise in various aspects of counselling and holistic therapy. The course runs a number of times each year with different topics on each course.

Sample Structure

- Week 1** Introduction – Contracting & Confidentially – Course Overview – What is Personal Development
- Week 2** Emotional Intelligence and how it differs from I.Q. and how to develop it
- Week 3** Modes of being and how to use them to your benefit
- Week 4** Personality types – Traits – How to understand your own
- Week 5** The Archetypes and which ones you operate from
- Week 6** Our Shadow selves – Integrating the shadow – Using the shadow to your advantage
- Week 7** Relationships – Finding Love – Attachment Styles – Toxic relationships
- Week 8** Family systems – Where do I fit In – How does it affect myself and others
- Week 9** Where can I change – How do I change for the better
- Week 10** What have I learned – Where can I apply it better – What next – Closing



Course Benefits

Participants in this course will gain a deep understanding of themselves and their interactions with others. Each week builds on the last, creating a comprehensive toolkit of skills that can be used in personal and professional contexts. Benefits of attending this course include:

- Improved self-awareness and emotional intelligence.
- Enhanced communication skills that lead to better relationships.
- Effective stress management techniques for a healthier lifestyle.
- Tools for resolving conflicts amicably and positively.
- Strategies for positive thinking that enhance mental and emotional well-being.
- Better decision-making capabilities are informed by self-knowledge.

Interactive and Experiential Learning

We believe that the best learning happens through doing. Therefore, our course emphasises an experiential approach where participants engage in activities, discussions, and exercises that not only teach but also allow them to experience the benefits firsthand. Each session is designed to be interactive to ensure that everyone has the opportunity to contribute and learn from each other, thus enhancing the collective experience.

Who Should Attend?

This course is suitable for anyone interested in personal growth and self-improvement. Whether you are looking to make significant life changes, enhance your relationships, or simply gain a better understanding of yourself, this course provides valuable insights and tools to help you on your journey.



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Join Us

Embark on this transformative journey with Cork Counselling Clinic and unlock your potential for personal growth and enhanced wellbeing. Spaces are limited to ensure a personal and interactive setting, so we encourage early registration to secure your spot. Discover the tools and confidence you need to navigate the complexities of life with greater ease and assurance.

For more information and to register, please visit our website or contact Cork Counselling Clinic directly. We look forward to welcoming you and supporting you through your journey of personal development.

**You can contact us by phone 089 600 9460 / 021 439 7552 or
through our website www.corkcounsellingclinic.ie**

We will be happy to take your call and look forward to working
with you in creating a harmonious and strong relationship.

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Our approaches are based on humanistic principles aimed at personal understanding and self-directed change,
not professional diagnosis or treatment.