



You are welcome to join us on the 9<sup>th</sup> of April 2022 from 09h00 to 13h00 for our Continuous Program for Development Interactive Workshop.

## CPD 1: Counselling & Coaching for Wellness

<b>Date:</b> 09 April 2022	<p>This workshop will be presented in a small group format. Intimate and hands on learning will be facilitated through experiential work and case studies</p> <p>By the end of this workshop participants will have acquired the following knowledge and skills:</p> <ul style="list-style-type: none"> <li>• Belief system about human nature and identity</li> <li>• The meaning of self in counselling and coaching</li> <li>• Getting in touch with your core again</li> <li>• Existential wellbeing</li> <li>• Psychological wellbeing</li> <li>• Social and Physical wellbeing</li> <li>• Work related and Spiritual wellbeing</li> <li>• Relation between wellbeing made up of wellness</li> <li>• Counselling &amp; Coaching highly sensitive people</li> <li>• Distance Counselling &amp; Coaching through Technology</li> </ul>
<b>Time:</b> 09h00 – 13h00	
<b>Registration Category:</b>	
Lay Counsellors & Life Coaches	
<b>Cost:</b> R1000.00	
<b>Inclusive:</b> Coffee, Tea, water, materials	
<b>Venue:</b> NVR Academy	
Panorama Office Estate, Block 3	
Ground Floor, Kudu Street	
Allen's Nek, Roodepoort	
<b>RSVP :</b> by 01 April 2022	

Please register with reception on 063 119 0267 or [nvracademy@nadinetherapy.co.za](mailto:nvracademy@nadinetherapy.co.za)  
**Looking forward to hosting you and sharing this workshop with you!**

**Nadine van Rensburg Counselling Therapist**

CCSA REG: IR 10177 VFISA REG: 50155

**NVR COUNSELLING THERAPY (PTY) LTD REG: 2020/018169/07**

- t/a NVR Academy

P.O. Box 4098, Witbeeck, 1729, South Africa, Panorama Office Estate, 791 Kudu Street, Allen's Nek, Tel: 084 779

4889 / 063 119 0267 Email: [nvracademy@nadinetherapy.co.za](mailto:nvracademy@nadinetherapy.co.za)

Website: [www.nadinetherapy.co.za](http://www.nadinetherapy.co.za)