



# Counsellor Care



**Day 1**  
Friday 7<sup>th</sup> Aug

**Evening :**

6 - 6.30pm	Meet and connect
6.30 - 7pm	Welcome and Introduction to the retreat
7pm	3 course Evening meal
8.30pm	Soundbath



**Day 2**  
Saturday 8<sup>th</sup> Aug

**Morning :**

8am	Breakfast and get ready
9.30 - 10am	Guided meditation
10.30 - 11.30am	Inner Child CPD
11.30 - 12.30pm	Inner Child workshop

**Afternoon :**

12.30 - 3pm	Lunch and free time
3.30 - 4pm	De-clutter the mind group hypnotherapy

**Evening :**

5 - 5.30pm	Life story workshop
5.30 - 6.30pm	Practice reflection - Group supervision
7pm	3 course Evening meal



**Day 3**  
Sunday 9<sup>th</sup> Aug

**Morning :**

8am	Breakfast and get ready
9.15 - 10am	Breathwork
10 - 10.30am	Retreat reflection - sharing circle
11am	Check Out

**Afternoon :**

11.15 - 12.15pm	Working with Neurodiverse Clients CPD
12.15 - 1pm	Light lunch
1 - 3pm	Working With Neurodiverse Clients CPD