



Counsellor Care



Day 1
Friday 7th Aug

Evening :

6 - 6.30pm	Meet and connect
6.30 - 7pm	Welcome and Introduction to the retreat
7pm	Evening meal



Day 2
Saturday 8th 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	Evening meal



Day 3
Sunday 9th Aug

Morning :

8am	Breakfast and get ready
9.15 - 9.45	Breathwork
9.45- 10.15am	Retreat reflection - sharing circle
11am	Check Out

Afternoon :

11.15 - 12pm	Working with neurodiversity CPD
12.30pm	Lunch at the Cow and Calf and gentle walk (optional)