



One-day Workshop

Kim Lee-Own is an Adlerian counsellor and coach, living in Raunds, Wellingborough. She qualified in 2003 and has been a tutor on the Certificate in Adlerian Counselling course and is currently a tutor on the Diploma in Adlerian Counselling at Bottisham Village College.

Kim has a particular interest in working with parents as a facilitator of parenting workshops as well as providing workshops addressing managing stress and anxiety for wellbeing, confidence and communication. She has worked both in the UK and in Ireland and worked as a Counsellor in private practice as well as for charities, with young people. Kim is also trained as a Counselling Supervisor and supervises both counsellors in private practice as well as students as part of their training placements.

Kim has just completed a Master of Arts degree in Coaching and Mentoring Practice with Oxford Brookes University

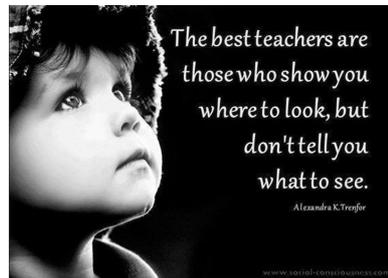
Ongoing training opportunities in Adlerian Integrative approaches Advanced Certificate in Counselling Studies | Continuing Professional Development

Workshop 9.45am to 5pm

Sat 26 January 2019 at Bottisham Village College

Lode Road Bottisham Cambridge CB25 9DL | Telephone 01223 811372

PERSONAL DEVELOPMENT: Becoming who you are meant to be Presented by Kim Lee-Own



Personal development is both a vital aspect of professional development and an important part of self-care for those in the helping professions and arguably for anyone who wishes to develop and grow. In particular, students on a counselling course may encounter concepts and theory that challenge their own perceptions of how the world should be and

could benefit from time and space to take time to consider the implications of these challenges for their identity, development and professional practice.

In keeping with Adlerian principles, we will consider how we find our sense of belonging, safety and significance within the various groups and community in which we live, love and work, as well as how we can keep resilience high and manage stresses and anxiety levels. As Bellah *et al* (2014, p84) put it, *“We find ourselves not independently of other people and institutions but through them. We never get to the bottom of ourselves on our own. We discover who we are face to face and side to side with others in work, love and learning.”*

This experiential workshop will explore a number of ways in which we can reflect on and examine our thoughts, feelings and actions to facilitate and grow our understanding of our unique way of being in the world.

Tea & coffee will be provided. Please bring some food for a shared lunch.

BOOKING SLIP: ‘Personal Development: Becoming who you are meant to be’ with Kim Lee-Own on Sat 26th January 2019
Fee £80 (£48 concessions) For all enquiries & to check eligibility for concessionary rates, contact Bottisham Village College on 01223 811372 or email starasewicz@bottishamvc.org

Name
Phone

Address
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Please tick the appropriate boxes below. *I am attending as part of:*
the Advanced Certificate Training Programme (payment made separately)
my continuing professional development, and enclose payment of £80 *£48*

Please send this form to: Counselling Course Co-ordinator, Bottisham Village College, Lode Road, Bottisham, Cambridge
CB25 9DL **with your cheque** made payable to **‘Bottisham Village College’**