

## **COSCA 26<sup>th</sup> ANNUAL TRAINERS' EVENT**

### **Theme:**

**“Fostering Participants’ Awareness of Self and Self  
in relation to Others”**

**Thursday the 7<sup>th</sup> of November 2024**

**9:30am – 1:00 pm via ‘Zoom’**

### **WHAT CAN I EXPECT FROM THE EVENT?**

The event will explore how trainers can foster opportunities for their participants to develop their self-awareness, in relation to themselves and in relation to others.

There will be two interactive workshops delivered, suitable for attendees at all training levels. The event will be hosted by *Dr Patricia Joyce of ‘Grounded Learning Ltd’*, who will introduce the below workshops:

#### **Workshop 1: Utilising the ‘Group Working Agreement’ to enhance participants Awareness of Self and Self in relation to others:**

##### **WHAT TOPICS WILL BE EXPLORED:**

- How can trainers promote conditions of openness and courage in identifying individual needs within the group agreement? How can trainers support individual voices to be heard; for instance, those that feel marginalised, or who may struggle to communicate and assert their needs within the group space?
- How can we balance individual needs and differences with the needs of the group as a whole, and utilise the process to support development of awareness of self and self in relation to others?

#### **Workshop 2: Developing Self Awareness in relation to areas of Equality, Diversity and Inclusion**

##### **WHAT TOPICS WILL BE EXPLORED:**

- What opportunities can trainers create for participants to increase their awareness of difference and diversity in self and others?
- What activities/methods can support participants to identify and examine their own beliefs, attitudes and values and the presence of any prejudice, unconscious bias and stereotyping in relation to areas of difference and diversity, and the presence of any diversity-based power imbalances?
- How can trainers create reflective and relational spaces on courses that open up honest and vulnerable dialogue surrounding difference and diversity in self and others? How do trainers balance this with protecting the group from psychological and physical harm and promoting conditions of equality, diversity and inclusion?



Scotland's  
Professional Body  
for Counselling &  
Psychotherapy

**COSCA (Counselling & Psychotherapy in Scotland)**

**16 Melville Terrace | Stirling | FK8 2NE**

**t: 01786 475140 f: 01786 446 207**

**e: [jenny@cosca.org.uk](mailto:jenny@cosca.org.uk) w: [www.cosca.org.uk](http://www.cosca.org.uk)**

## **COSCA 26<sup>th</sup> ANNUAL TRAINERS EVENT**

**THURSDAY the 7<sup>TH</sup> of November 2024 via 'Zoom'**

[Please email booking forms to Christina Oliver on: christina@cosca.org.uk](mailto:christina@cosca.org.uk)

Forename	Surname	Date
Mailing Address		
Town	Post Code	
Telephone	Email	
Organisations in which you are involved in training and Level of Delivery:		

### **PAYMENT**

**£25 early bird fee / £30 standard fee (non-COSCA members add £10))**

**Early bird fee until: 5/8/2024**

I have sent a cheque with the fee of £ \_\_\_\_\_

Electronic bank payment (*please use first initial, surname and "Trainers Event" as reference*)

Bank transfer details:

**Bank:** Virgin Bank

**Name:** COSCA (Counselling & Psychotherapy in Scotland)

**Sort code:** 82 68 05

**Account number:** 70174110

Please invoice (**£2 service charge added**)

**\*\*If your organisation will be paying the invoice, please ensure a Purchase Order is raised and payment is made prior to the event\*\*.**

**Invoice Address if different from above:**

Nominal Code	7
Invoice/Cheque	