

Introduction to Conscious Group Facilitation

Aims and objectives of the course.

During this creative and inspiring 3 day course you will be invited, encouraged and professionally guided to:

- **Explore and work on the cutting edge of group facilitation work.**
- **Plan, create and deliver a powerful workshop.**
- **Learn ways to facilitate your workshops in your own unique and authentic style.**
- **Learn to cope with difficult situations and difficult people.**
- **Become creative and adventurous as a facilitator.**
- **Build up, retain and restore your energy whilst you facilitate.**
- **Move out of old negative habits and thoughts that restrict you from being an effective and powerful facilitator.**
- **Unlock your intuitive and natural wisdom.**
- **And of course..... become a Conscious Group Facilitator.**

By participating in this unique 3 day course, you will be encouraged, guided and supported to reach your full potential and to find your own authentic style of facilitation. At the end of the 3 days you will have the skills and confidence to facilitate a workshop with the feeling and knowledge of being a Conscious Group Facilitator.

We will work with conversation, speech, writing, drama, movement and art to explore, discover, create and transform.

This 3 day Conscious Group Facilitation course will be a life changing experience!

Adrian Hanks is an International presenter and a professional counsellor, psychotherapist and educator who facilitates regular personal and professional development workshops and training programs to help guide, encourage and support people to reach their full potential and to become their true authentic self.

"I do not claim to be wiser than you. I do claim to know that what I teach is my truth. If you want to reach your truth, I am willing to walk beside you whilst you explore."

Adrian