

# Counselling Skills Bridging Course

Please note: To enrol on this course you will need to phone 01634 338400 to book an initial assessment.

Counselling & Coaching courses include elements of self-awareness, personal growth and development. This will involve self-reflection and sharing of possibly uncomfortable situations undertaken within the confines of the classroom with boundaries and rules set by learners. You will also be expected to give feedback to peers. Due to the nature of the course, all students are required to sign a confidentiality agreement at induction.

This course is 3 hours per week for 4 weeks.

Some aspects of this course may be over Zoom

Start Date: 23 June 2026  
Start Time: 18:00  
Lessons: 4  
Weeks: 4  
Hours: 12.00

## Venue

Rochester Adult Education Centre  
Rochester Community Hub  
Eastgate  
ME1 1EW

## What will I learn on this course?

- 1) Practice the structure pace and boundary setting of a listening session
- 2) Practice active listening and communicating empathic understanding,
- 3) Become aware of and reflect on the difference between identifying, and empathising with a persons situation and the impact of sameness and difference.
- 4) Reflect on the meaning of agenda and the impact of the listeners agenda.
- 5) Experience giving and receiving feedback on skills used

## Is this course suitable for me?

This course is intended for candidates who have completed an online level 2 counselling skills course and are interested in progressing to a level 3 in counselling studies or life coaching course. It will be an opportunity to practise and gain the skills

## Is there anything I need to know about the course?

Learners will be expected to attend all sessions and be prepared to complete 3 written pieces of reflective work – these need to be completed on a computer and emailed to the tutor before the next session.

As these sessions will be over zoom we ask the following: you have a good internet connection; If there are other people in your living space you connect earphones to your computer or other device to ensure confidentiality; you are in as comfortable and private a space as possible; any device with Alexa, Echo or similar is switched off prior to session start.

Zoom invites will be sent out just prior to each session.

## Attendance Policy

In order to get the most out of your course you will need to attend as many sessions as possible. We recommend at least 90%. If you do have a holiday booked during term time please let the tutor know in advance so that we can help you catch up on missed sessions and ensure that you still achieve the course outcomes. If you are unavoidably ill or unable to attend please contact 01634 338400 so that we can let your tutor know, and so they can send you any work you may have missed

## How are digital skills used and enhanced on this course

You need to use the internet for your course - using a tablet, laptop or computer. The tutor will speak to you about useful websites, apps and online resources which you may be asked to use for homework.

## Health and Safety

We try to make sure your class is as safe as possible. If you are worried about anything, please talk to your tutor or our Safeguarding Officer.

## E-Learning Etiquette

Please make sure you and everyone at home are fully dressed when you are joining classes online, and that no personal information (address, bank details) can be seen.