

Counselling Course

Listen. Support. Transform Lives.

Our Counselling course equips learners with the tools and techniques to provide guidance and emotional support in personal, social, and workplace settings. Whether you aim to become a professional counsellor or simply want to improve your ability to help others, this course prepares you to make a real impact.

What You Will Learn

- Foundations of Counselling – principles, ethics, and roles of a counsellor.
- Counselling Approaches – CBT, person-centered therapy, solution-focused methods.
- Core Counselling Skills – active listening, empathy, questioning, and rapport-building.
- Stress & Conflict Management – supporting clients through anxiety, trauma, and disputes.
- Specialized Counselling – family, relationship, and career guidance.
- Professional Practice – confidentiality, cultural sensitivity, and ethical codes.

Why Choose This Course?

- Practical and hands-on guidance
- Case studies and real-world applications
- Open to both beginners and professionals
- Certificate upon completion

Who Can Join?

- Educators and student advisors
- HR professionals and managers
- Social workers and community leaders
- Anyone passionate about personal support and wellbeing

Course Outcome

- Provide ethical and professional counselling support
- Build trust and help clients navigate challenges
- Handle conflict and crisis situations effectively
- Strengthen career opportunities in guidance and counselling