



## Effective Communication Skills: Counselling Techniques for Energy Workers

With  
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Holistic Energy Therapist



Do you wish you had more effective means to support your clients' emotional needs? Have you ever felt overwhelmed by a client's disclosure?

This one-day workshop is designed for those individuals who have an energy work practice or are planning to create one.

It is said that "only 8% of communication is based on the words we use" (Arthur Joseph, Voice Coach). Come discover new ways to communicate both verbally and non-verbally with your clients.

- ❖ You will gain knowledge of specific techniques that will leave your clients feeling understood and reassured.
- ❖ You will have the opportunity to integrate these skills during the practical portion of this workshop.
- ❖ You will understand how to support your clients in a way that keeps them feeling safe as they reveal and release their stories.
- ❖ You will learn simple yet effective ways to support your client's emotional needs by using basic counselling skills that are useful in all interactions.

Sylvia has a gift of sharing information in an easy to digest format that leaves the listener entertained and informed. Sylvia has been collecting wisdom for many years, initially as a Social Worker and Addictions Counsellor and for over a decade in energy work. Sylvia is a Holistic Energy Therapist, is a Registered Social Worker and a Certified Addictions Counsellor.