



Amden Counselling Services

PSYCHOTHERAPY · COUNSELLING · MEDIATION



DAY AND WEEKEND WORKSHOPS



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Day and Weekend Workshops at Amden Counselling Services

In our continuous effort to foster growth and healing, we offer a series of specialised workshops designed for those looking to delve deeper into personal development and holistic living. Our workshops range from single-day sessions held at our Counselling Services to immersive weekend retreats nestled in the picturesque landscapes of Co Cork. Each setting provides a unique backdrop for learning, relaxation, and self-discovery, complete with full accommodation and meals during the weekend events.

Workshop Overview

Our workshops are structured to cater to various interests and needs. Whether you're seeking to understand more about your personality, improve your relationship, or embrace a more holistic lifestyle, we have something that will resonate with you. Offered at set times throughout the year, each workshop is crafted to ensure an engaging and enriching experience.

Types of Workshops

Day Workshops

Held at our Counselling Services, these workshops focus on intensive learning and interaction in a comfortable environment. Topics might include:

- **Understanding Your Personality:** Dive into personality theories, self-assessment tools, and interactive discussions to better understand and leverage your unique traits.
- **Holistic Living:** Explore ways to integrate holistic practices into your daily life, focusing on nutrition, mindfulness, and positive living.

Weekend Workshops

These take place in a beautiful setting in Co Cork, providing a perfect escape from daily routines and an opportunity to deeply connect with the workshop material and other participants. Examples include:



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- **Couples Retreats:** Aimed at deepening connections and improving communication, these retreats offer tools and techniques for partners to build a stronger, healthier relationship.
- **Mindfulness and Meditation:** Learn meditation techniques, engage in guided sessions, and understand mindfulness practices to enhance mental clarity and emotional stability.

Workshop Benefits

Participants in our workshops can expect to gain a wealth of benefits, tailored to the specific workshop theme. Benefits include:

- Enhanced self-understanding and personal insight.
- Practical skills in communication, relationship building, and conflict resolution.
- Techniques for leading a balanced and holistic lifestyle.
- Strategies for maintaining mental and emotional health.

Interactive and Experiential Learning

Our workshops emphasise an experiential learning approach, encouraging participants to engage actively with the content through practical exercises, group discussions, and reflective practices. This hands-on approach not only facilitates learning but also helps embed these new skills into everyday life.

Who Should Attend?

Our workshops are designed for anyone interested in personal or relational development. Whether you are navigating a life transition, seeking to enrich your relationship, or simply curious about holistic living, these workshops provide valuable insights and practical tools that can significantly impact your personal and professional life.



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Join Us

Embark on a journey of self-discovery and growth with Amden Counselling Services's workshops. Spaces are limited to ensure a personalised and intimate setting, so early registration is encouraged when workshops are advertised. Discover the tools and confidence needed to transform your life. For more information and to register, please visit our website or contact Amden Counselling Services directly. We look forward to welcoming you and supporting you on your path to a more fulfilled and balanced life.

You can contact us by email admin@amdensuites.ie or through our website www.amdencounsellingservices.ie

You can contact a Therapist directly by phone.
Details of each Therapist can be found on www.amdencounsellingservices.ie

The Amden Suites, Floor 2, The Atrium, Blackpool Business Park

Directions: [Click Here](#)

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