

Discounts and Offers

- * An 'Early Bird' offer applies to all the individual courses - 10% discount when booking 3 months prior to the start of a course.
- * Become a **Friend** of the Centre for a year at £100 and go to all Toolbox and Quiet Days free!
- * We can also offer substantial discounts to groups block booking 3 or more places.
- * Many of these events can be run at your church or group.

Booking - Please complete a Toolbox booking form.

Travel information will be sent on booking and is available on the website. The Centre has en-suite rooms which may be available for overnight stays.

The Toolbox Trainers

Liz Gamble is a self-employed counsellor, supervisor, tutor and trainer. She is currently completing post graduate study into Women's Spirituality at Sarum College in Salisbury. Liz is particularly interested in the interface between counselling and pastoral care, which informs her work here

Ann-Marie Wilson is a psychologist and training consultant who has spent over 28 years helping individuals, teams and organisations. Well qualified in business, human resources and psychology, she is a member of St Barnabas Church, Finchley, North London, and sits on the Boards of Medair, Interhealth Worldwide and People in Aid.

Bald Statements - exploring loss, grief and change

An exhibition of large alabaster heads by Coventry-based sculptor Jean Parker

25 October to 21 November 2011.

This unique sequence, sculpted as a reflection upon a sudden period of illness, marriage break-up and the sudden loss of a son and his wife, develop ideas of denial, disbelief, questioning, anger, depression, acceptance, healing and peace.

See 'Exploring our own losses' on November 5th.

TOOLBOX FOR LIFE AND CHURCH

Practical courses at the

Guy Chester Centre 2011-12



The 'Toolbox' is designed to develop skills which are useful, life enhancing, helpful, practical, empowering, encouraging, thought provoking, liberating and enabling.

Each individual course combines a practical approach with a strong Christian theme and reflection.

They aim to help with skills for everyday life, the work place, church life or simply for personal growth.

Those attending similar courses in the past have included ministers, lay workers and church leaders, but also church members who want to live life to the full.

Guy Chester Centre, Training & Spirituality,
Chester House, Pages Lane, Muswell Hill, London N10 1PR
Tel: 020 8883 8204
Email: admin@chestercentre.org.uk
Web: www.chestercentre.org.uk



September 2011

Saturday 24th September **Listening skills for all aspects of life**
10am–4pm **Leader: Liz Gamble** **Cost: £50**

As well as learning to listen to others we will look at the importance of boundaries, knowing our limitations, and care of self, and will have opportunities to practise active listening during the day.

October 2011

Saturday 29th October **Understanding Loss, Bereavement & Grief**
10am - 4pm **Leader: Liz Gamble** **Cost: £50**

Gain confidence to journey alongside others in the grieving process.

- Exploring our own loss
- Discovering what helps and what doesn't
- What is 'normal'?
- Understanding the processes and tasks

NB This day is not suitable for those seeking bereavement counselling or who have experienced a recent close bereavement.

November 2011

Saturday 5th November **Exploring our own losses**
10am - 4pm **Leader: Liz Gamble** **Cost: £50**

A day to spend in the company of others, sharing our own experiences of loss and bereavement with time for quiet reflection and the opportunity to visit the 'Bald Statements' exhibition with the sculptor Jean Parker.

There will be people on hand through out the day to offer support.

Saturday 19th November **Managing Staff Teams**
10am - 4pm **Leader: Ann-Marie Wilson** **Cost: £60**

Acquire new skills in motivation, communication and organisation to feel more confident about managing a team, planning workloads and overseeing performance.

Ideal for ministers, senior lay leaders and those managing staff teams, within a church context.

Saturday 26th November **Pastoral care in contemporary church**
10am - 4pm **Leader: Liz Gamble** **Cost: £50**

How do we journey alongside one another in our church communities?
What is pastoral care? Why do we do it?

An opportunity to explore what we mean by pastoral care, bringing experiences from our own particular context. We will look at a model for setting up and training pastoral teams.

Suitable for all those involved in pastoral care.

January 2012

Saturday 28th January **Listening skills for all aspects of life**
10am–4pm **Leader: Liz Gamble** **Cost: £50**

As well as learning to listen to others we will look at the importance of boundaries, knowing our limitations, and care of self, and will have opportunities to practise active listening during the day.

February 2012

Saturday 25th February **Understanding Loss, Bereavement & Grief**
10am - 4pm **Leader: Liz Gamble** **Cost: £50**

Gain confidence to journey alongside others in the grieving process.

- Exploring our own loss
- Discovering what helps and what doesn't
- What is 'normal'?
- Understanding the processes and tasks

NB This day is not suitable for those seeking bereavement counselling or who have experienced a recent close bereavement.

March 2012

Saturday 24th March **Pastoral care in contemporary church**
10am - 4pm **Leader: Liz Gamble** **Cost: £50**

How do we journey alongside one another in our church communities?

What is pastoral care? Why do we do it?

An opportunity to explore what we mean by pastoral care, bringing experiences from our own particular context. We will look at a model for setting up and training pastoral teams.

Suitable for all those involved in pastoral care.

April 2012

Thursday 26th April **Managing Staff Teams**
10am - 4pm **Leader: Ann-Marie Wilson** **Cost: £60**

Acquire new skills in motivation, communication and organisation to feel more confident about managing a team, planning workloads and overseeing performance.

Ideal for ministers, senior lay leaders and those managing staff teams, within a church context.