



CARL DAVIES
PERSONAL GROWTH COUNSELLOR

MENTAL HEALTH & PERSONAL GROWTH PROGRAM

Are you interested in looking after your mental health, or in personal growth?

Join this program and learn how to manage your thoughts & which ones are no longer serving you. Get the right mindset to achieve what you want and build resilience to the stresses of life. Handle changes better, know what to focus on & prioritize.

Join for FREE from Nov 2022–March 2023, at 16:30–18:00.

WHAT YOU WILL LEARN

Focus & Prioritise	3 Nov
Get the Right Mindset	1 Dec
Manage Unhealthy Thoughts	5 Jan
How to Handle Change	2 Feb
Build Better Resilience to Stress	2 Mar



ABOUT CARL

I am a Personal Growth Counsellor, helping my clients get through life's challenges, understand themselves better and develop.

Having achieved a Masters (Hons) in Existential Psychotherapy, I've also been trained in person centered counselling, cognitive behavioral therapy, and other skills for a more blended approach to growth counselling to help you get a more balanced life.



FOCUS & PRIORITISE

With so many activities, tasks and wants pulling us in different directions, it can be difficult to know what to focus on. Maybe we don't like to say no and find that we are overloading ourselves by saying yes to numerous commitments.

Using different strategies we can know what things to focus on and what to dismiss, go in a direction that we want to take and give ourselves energy for what matters most.

Time: Thursday 3 Nov from 16:30

Place: Podroužkova 1663, Ostrava - Poruba, 708 00

Contact: podrouzkova@kmo.cz (T) 599 522 434

SIGN UP HERE

Knihovna města Ostravy, pobočka Podroužkova
Podroužkova 1663, Ostrava - Poruba, 708 00

Sign up by e-mail:

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KNIHOVNA!!!

za všim hledej knihu...

