

Carly Poole

Level 2 Certificate in Counselling Skills

Leaving the Island for university, I started to suffer very unexpectedly with my mental health. I came home to my mum and quite clearly needed some clinical help. I dropped out and had counselling just as the pandemic started. I came out of it as a different person and I found a strong passion for wanting to care and support people - just like what I had. That's when I looked into the courses at Highlands that were perfect for me.

So far, I've completed my Introductory and Level 2 course and it has been outstanding. My experience has been far beyond successful, as I've benefited from learning about the basic skills of counselling and how to use them. More so, I've met kind hearted people who have been through the courses with me and I can call friends.

Today, I use some of the skills I've learnt daily in my workplace. Sometimes without knowing, the benefits and improvement in my work has appeared and has shown to be beneficial to my relationships. I plan to continue onto the next course and learn more new skills.

I did my diploma at Highlands when I left school. So going back to Highlands, I was looking forward to it. I didn't know what to expect doing a night class and it was something different. I loved my tutors when I left and was excited to see new people or familiar faces. Either way, Highlands was always my top choice to do further studying.

Expect to talk in depth about your feelings and emotions. As well as learning skills, you learn a lot about yourself. The work will only be valuable if you are honest and open. If you are someone who likes to write or speak their mind, in these courses you have the luxury of doing both without the fear of pressure or being judged.

Links to courses below

[All counselling courses](#)

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