

Sue Stubbs

I had always been curious about the counselling course; I have worked within a people management and customer orientated environment for many years and really enjoy interacting with and learning about people. My passion for self-development has led me to also focus on people development and coaching. I decided to enrol in the Level 2 Counselling course, with a view to enhancing my skills and being able to help people.

Settling into the routine of attending Highlands after being at work all day, took a couple of weeks, however, the relationships I formed with my peers and tutor were amazing; we created a safe and trusting space whereby we could really engage with the content of the course, discuss sensitive issues in a non-judgemental environment and I really looked forward to attending college every Wednesday. The experience has been over and above what I had expected.

I use my counselling skills every day, both at work and in my personal life. The course requires journaling as part of the work outside of the classroom sessions. I have found this invaluable; this helped me explore my own personal journey, reflecting on past experiences and how they affect my ability in other areas of my life. Overcoming these challenges has enabled me to refocus on what I would like to achieve in the future.

I have studied with Highlands for other part time/day release and night school courses over the last 15 years; online courses work well, however, there are many benefits too, being able to enjoy and interact in the classroom environment with other students and the tutor available to help and support throughout the sessions.

To really be in a position to consider embarking on any kind of helping work, be that counselling or therapeutic work, you must know yourself first. This course provides a platform for you to explore yourself in a non-judgemental space. If you are considering taking a counselling course, expect a journey of self-discovery.

[Level 2 Certificate in Counselling](#)