

Personal Statement for COSCA Certificate in Counselling Skills Applicants

Thank you for your interest in the COSCA Certificate in Counselling Skills. As part of the application process, we ask that you write a personal statement addressing the following points:

1. Interest in Counselling

- Why are you interested in learning counselling skills, and what draws you to the field of counselling?
- What personal qualities do you possess that will help you to participate on the course and develop core counselling skills?

2. Emotional Demands of the Course

- This course can be emotionally demanding. Are there any personal challenges, fears, or areas of discomfort you anticipate, and how do you plan to manage them while studying counselling skills?
- Please reflect on how you typically handle emotional challenges and difficult situations, and how you maintain self-care throughout the course.

3. Time Commitment

Participants must plan for 100% attendance as COSCA require that course members attend a minimum of 85% of teaching sessions therefore participants need to be able to commit to this.

- Please outline how much time you can realistically dedicate to the course each week, including time for study, course sessions, and practice.
- Consider any other commitments you currently have (e.g. work, family, other studies) and how you plan to balance them with the demands of the course.

If You Are an Internal Candidate (Currently Employed by Moore House Group)

- Please provide evidence of a discussion with your manager regarding your participation on the course. This should include confirmation that your manager supports and agrees to prioritise the course as part of your working week.
- If applicable, please include any formal agreement or an outline of how your work schedule will be adjusted to accommodate the course.