

The Accidental Counsellor Model with Rocky Biasi

COURSE

Learn how to confidently support others in times of emotional distress, without burning yourself out.



About This Course

In schools, workplaces, and homes, we often find ourselves in conversations that go beyond our official roles, offering support, empathy, and a listening ear. In this insightful and empowering session, Rocky Biasi, founder of the *Accidental Counsellor Training*, provides participants with the confidence, tools, and frameworks to handle these situations effectively and safely.

This course is designed for anyone who wants to provide compassionate, practical support without formal counselling training. Participants will explore simple communication strategies, boundary-setting techniques, and self-care practices to ensure they can help others while maintaining their own mental and emotional well-being.



Learning Objectives

By the end of this course, educators will be able to:

Respond with Confidence:

Use solution-focused techniques to support others experiencing distress.

Communicate Effectively:

Enhance listening, empathy, and questioning skills to foster trust and connection.

Set and Maintain Boundaries:

Recognise personal limits and learn when and how to refer individuals to professional support.

Protect Your Own Well-being:

Implement self-care strategies to prevent compassion fatigue and burnout.

Promote a Culture of Support:

Build safer, more understanding environments in schools, workplaces, and homes.



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Why This Matters for Educators and Families

Educators, parents, and leaders often become *accidental counsellors*, the first people others turn to in moments of stress or crisis. This course helps you:

- **Support with Skill and Sensitivity** – Feel prepared to listen and respond constructively without taking on others' burdens.
- **Model Emotional Intelligence** – Demonstrate empathy and emotional regulation for students, colleagues, or family members.
- **Strengthen Relationships** – Build trust and open communication while maintaining healthy emotional boundaries.
- **Know When to Refer** – Identify signs that indicate when professional help is needed.

About the Presenter

Rocky Biasi is a highly respected educator, counsellor, and founder of the Accidental Counsellor Training, an internationally recognised program that has equipped over 10,000 people across Australia, New Zealand, and Southeast Asia with the skills to support others effectively.

With nearly two decades of experience as a high school teacher and counsellor, and over 25 years in private practice, Rocky's approach is grounded in empathy, practicality, and empowerment. His training is now widely adopted in schools, workplaces, and community organisations for its simple, actionable tools that make a genuine difference.

Perfect For

- Teachers, well-being staff, and school leaders supporting students in emotional distress.
- Parents and caregivers wanting to strengthen family communication and connection.
- Workplace leaders and HR professionals managing teams through challenging situations.
- Anyone who wants to feel confident providing support while protecting their own well-being.

