

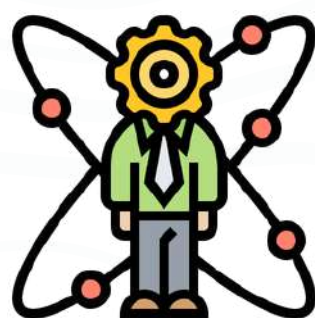


Since 1969
LifeLine Johannesburg
Serving the community



Victim Empowerment Programs

Personal Growth Training



Mental Health Counselling



FREE Emotional Support Services

Registered Social Workers



LifeLine

Clinical Supervision

Trained Volunteers



Interventions GBV



Social Enterprise



HIV Testing + Support



<https://www.lifelinejhb.org.za>

LifeLine Johannesburg is a community based, non-profit organization (NPO). Annually, we average over 30 000 contacts with Clients through our various projects and programmes.



42hrs

100 | SELF GROWTH

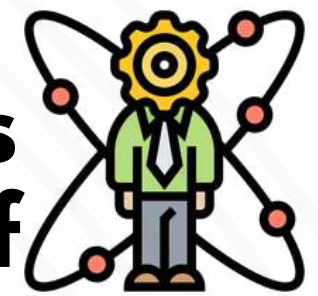
Explore the workings of your inner world

Duration: 12 sessions, 3.5/4h per session

Fully hands-on, experiential learning
in an intimate small group setting



Emotional Intelligence



Awareness of the Self

Connect deeply with yourself

Discover more of who you are

Work towards self-acceptance

Learn to identify your feelings

Make meaningful connections with others

Explore how you show up in the world around you



Interpersonal Communication

Listening & Responding



Trust

Anger

Loss

Acceptance

Empathy

Conflict

SELF

Content
Carefully curated based on decades of experience in counselling

Fully Live
All sessions facilitated by dedicated LifeLiners

Group Setting
Maximum of eight people per group, ideal for deep sharing

Experiential
Discover by Listening Talking Drawing Writing

100 || Self Growth Schedule || August 2026

SESSION	DAY	DATE	TIMES (AM)	OR	TIMES (PM)
1	Tuesday	11 August 2026	09.00-12.30		18:00-21.30
2 & 3	Saturday	15 August 2026	09.00-16:00		
4	Tuesday	18 August 2026	09.00-12.30		18.00-21.30
5	Tuesday	25 August 2026	09.00-12.30		18.00-21.30
6	Tuesday	01 September 2026	09.00-12.30		18.00-21.30
7	Saturday	05 September 2026	09.00-12.30		
8	Tuesday	08 September 2026	09.00-12.30		18.00-21.30
9	Tuesday	15 September 2026	09.00-12.30		18.00-21.30
10	Saturday	19 September 2026	09.00-12.30		
11	Tuesday	22 September 2026	09.00-12.30		18.00-21.30
12	Tuesday	29 September 2026	09.00-12.30		18.00-21.30

ELIGIBILITY

Age: Min. 23yrs
Education:
Min. matric

FORMAT

In-person or Fully online

COST

R6500
plus R500 non-refundable Registration Fee

FEE WAIVER: When the full fee is settled on or before the 1st of July 2026, the Registration Fee of R500 is waived

Payment Plan Option:

R6750
plus R500 non-refundable Registration Fee



CANCELLATION:

LifeLine Johannesburg reserves the right to cancel the course due to insufficient numbers up to 2 weeks before the start of the course.

REFUNDS:

If the course is cancelled by us, all monies paid by you towards the course will be fully refunded.

Once the course starts, NO refund will be issued as you have taken a place someone else could have filled.

Before course starts, refund may be possible only if we are able to fill your place

CONTACT US:

We welcome your enquiries and will try to assist you as far as we can.

Email:

course@lifelinejhb.org.za

LifeLine Johannesburg
51 Dalene Road
Bramley North
Johannesburg
2090

011 728 1331

FREQUENTLY ASKED QUESTIONS



> Can I miss or swop sessions?

As we work experientially, it is impossible to replicate or catch up any missed sessions. The group works closely together and a group member's absence is a loss for the group.

If you miss more than 7 hours (2 sessions or parts thereof) in both Modules 1 & 2, you WILL NOT be eligible for selection for the Internship Programme.

You WILL NOT be eligible to do the course if you will miss any of Sessions 1, 2 and 3 of the Module 1 Self Growth part of the course.

If you choose the morning group and miss a session, you cannot make it up in the evening session. Also, once you choose in-person or online, you cannot change. You remain part of the small 6-8 person group for the entire duration of the course.

> Will I be forced to share?

We take great care to create a safe and appropriate space and while the greatest growth comes from fully engaging in the group no one is ever forced to participate. Trainees are encouraged to experiment with their own reactions and responses to others, as well as to learn better and more effective ways of communicating.

> I am seeing a psychiatrist/therapist, can I do the course?

YES. If you are currently in therapy or have recently completed psychotherapy or are receiving psychiatric treatment, please discuss your plans to do this course with your therapist/psychologist/psychiatrist.

*NB: When you apply, please enclose a letter of recommendation from them regarding your plans to participate.

> I am a recovering addict, can I do the course?

YES. If you have been "clean" for at least 2 years. If it has not been 2 years yet, we request you to please postpone doing the course until later.

*NB: When you apply, please enclose a letter from your Sponsor supporting it.

FREQUENTLY ASKED QUESTIONS



➤ What certification do I get for completing the course?

On successful completion of the 100 Self Growth, 200 Foundation in Counselling and 600 Internship Programme phases of The LifeLine Course, you will receive a certificate which indicates that you have been trained as a LIFELINE LAY COUNSELLOR.

You may also request a certificate after completing the 100 Self Growth module in case you do not continue on to the 200 Foundation in Counselling module.

➤ Which professional body can I register with, after completing The LifeLine Course?

Please note that this is **not a Professional Degree**. Qualifying as a professional counsellor requires a University Degree. This means that registration with a professional body is not an option at the moment.

However, we are exploring possible registration with other wellness support organisations.

➤ What SAQA level does the course carry?

The LifeLine course was initiated more than 50 years ago in order to train Lay Counsellors to be absorbed into the LifeLine Johannesburg Organisation. Over a period of time, as it gained a reputation for being life changing, the course has been opened up to whoever wants to acquire counselling skills and subsequently to those on a journey of personal growth.

Thus, historically accreditation was not sought – The LifeLine course does not carry SAQA or CPD/CPU points and is not accredited by SETA

However, we are looking to get the course accredited in the future.

Please note that we are only able to provide references for Honours and Masters Psychology applications once you have completed our 600 Internship Programme and have been an active Counsellor at LifeLine Johannesburg for a minimum of one year. This means counselling for a minimum of 5 hours per month and attending a minimum of 8 Supervision Group sessions during the year.