

Befriending

♥ Within ♥



Befriend

10-Week Embodied Listening Course



A somatic listening practice for changemakers, community connectors, and kind-hearted humans

Befriending Within is a 10-week online course in Focusing, a gentle, body-based practice of deep listening that helps you grow trust in your inner knowing and show up more fully in your relationships.

Whether you're a community connector, peer support worker or facilitator, or simply seeking a more grounded, compassionate way of being, this course offers tools for listening to the body's felt sense, meeting complexity with care, and uncovering your own gifts and ways of contributing.

If we can learn to befriend every part of ourselves, including our doubts, fears, joys, and hopes, we open to new possibilities for connecting more deeply with others.

Alongside the Focusing process, we'll weave in perspectives from Gift Discovery and create opportunities for meaningful connection with fellow participants. You'll have space to reflect, practise with peers, and strengthen inner capacities that ripple outward into how you relate, lead, and participate in community.

This isn't just a course, it's an invitation into shared presence. Together, we'll tend the conditions that nourish empathy, self-trust, and the kind of community where everyone belongs.



“When your felt sense of a situation changes, you change—and therefore, so does your life.”
– Eugene Gendlin

Course Details

Duration: 10 weeks, 3 hours per session

Dates : Tuesdays, 7 April ~ 2 June, 2026

Time: 2-5pm AWST, 4-7pm AEST

Mode: Online (Zoom)

Tuition: Pay what you feel (donation). Full value \$1100 (incl GST). Your donation helps us offer supported places as needed.

Materials: \$50 (fixed cost, incl GST). Includes *The Focusing Student's & Companion's Manual Part One* plus Level 1 Exercise Sheets (PDF).

Pre-Course Taster: A short session with Nicola to connect, explore what's drawing you to this experience, and get a feel for the learning space.

Between Sessions: Weekly partner practice (approx 1 hr) plus light reading (approx 30m)

EOIs close by Fri 20 March 2026. Small class size, limited places, wait list likely.

Bookings & Enquiries: Nicola: nicola@befriend.org.au | 0421 633 124



Befriend

Meet Your Facilitator

Nicola-Jane le Breton

Nicola discovered Focusing soon after the 2020 lockdown, and it felt like finding a secret doorway into an inner well of wisdom, kindness, and creativity. Ever since, she's been supporting others to uncover their own portals of knowing and possibility.

She's got a special knack for creating safe, spacious places where people connect through stories, shared presence, and the gifts that make us who we are. Nicola is a Community Story Weaver with Befriend, supporting individuals and communities to grow from the inside out—because inclusiveness begins within.

Nicola is a Certified Focusing Trainer with The International Focusing Institute (TIFI), trained in Inner Relationship Focusing and Focusing Somatics through Focusing Australia. Participants can request a Certificate of Completion for Level 1. With further studies, and upon recommendation to TIFI, this course may contribute to eligibility for the Proficiency in Focusing Partnership Award (PFP).

What Others Appreciated

"It always felt safe, and it felt spacious... and I always felt very held."

"I have noticed a greater willingness to be authentic with others and be inclusive."

"It's a gift I can take into other spaces... A tool that I can use to support myself, and support others."

"It helped me be more present... less reactive."

"It's like plain vanilla ice cream... it's simple... and that's what makes it powerful."

"I'm gentler with myself, and that changes how I am with others. It's helped me slow down."



Befriend Yourself and Commune with Others

This course is perfect if you're seeking a deeper connection with yourself, others and the living world around you. Whether you're a community connector, inner explorer, or possibility enthusiast, *Befriending Within* will help you explore new ways of thinking, feeling, and relating.