



Lesley Snowdon Qualifications

Qualifications: Psychotherapy and Counselling

- + Level 2 & 3 certificates & a level 5 Diploma in Person Centred Psychotherapeutic Counselling. 2007
- + Transactional Analysis 101 – 2007
- + Transactional Analysis Foundation level course. 2008
- + Obesity Specialist Counsellor. 2011
- + Advanced level Transactional Analysis People Practitioner Diploma. 2012
- + BACP Accreditation. 2014
- + L6 Advanced diploma in Clinical Supervision 2017

Qualifications: Fitness and Nutrition

- + Level 2 Exercise to Music instructor. 1989
- + Body composition measuring specialist. 1989
Level 2 Gym Instructor. 1990
- + Step Reebok advanced Step Instructor. 1990
Level 3 Personal Trainer CYQ 1998
- + Advanced Nutrition Coach 1998
- + Behavioural change and motivation interviewing. 2014
- + Level 4 Personal Trainer - Obesity and Diabetes Specialist. 2014