

# Training for counsellors

Unlock Your Dreams for 2025

## Vision Boarding Workshop

**Overview:** Get ahead on the new year and join us for an inspiring 4-hour Vision Boarding Workshop on New Years Eve. This creative is designed to help you capture and clarify your goals, find work-life harmony for the coming year.

**Who is this course for?** Perfect for people who want to:

- Have time to clarify their hopes and intentions for 2025.
- Create a personal vision board using magazines, images, quotes and other art supplies.
- Connect with like-minded people who dream and do.

There will be opportunities to share your board (if you wish), gaining support and encouragement to take home with you and your vision board.

FAQ – I'm not artistic. Does it matter? Answer: Absolutely not! Your personalised vision board will mean something to you and is not about artistry.

**Aims of the Course:** Vision boarding is a powerful visualisation technique that involves creating a collage of images, words and affirmations that represent your goals and dreams. By putting your intentions into a visual format, you can keep the goals and dreams of your future self at the forefront of your intentions.

**When is it?** Tuesday 31 December, 10am-2pm

**Cost:** £30.00

**Where is it?** Training for Counsellors, Haydock House, Haydock Mews,  
Pleckgate Road, Blackburn, Lancashire. BB1 9RP

**Where do I book?** website: [www.training-for-counsellors.co.uk/cpd](http://www.training-for-counsellors.co.uk/cpd)

We can't wait to welcome you!



**Call**  
01254-476-704



**Email**  
[info@training-for-counsellors.co.uk](mailto:info@training-for-counsellors.co.uk)



**Website**  
[training-for-counsellors.co.uk](http://training-for-counsellors.co.uk)

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## About the facilitators/assessors.

Samantha Crapnell

Sam uses vision boarding as an alternative to lists which get lost amongst all the other notes that she keeps. By blue-tacking her vision board on the inside of her wardrobe, she is reminded, every day, about what is important about the intentions that she has for Future Sam! Vision boarding works for her because she can make her intentions visible. These help her to shape decision-making about topics such as happiness, work goals, time management, wellbeing and 'Future Me'.

Others working with Sam to create vision boards of their own tell her that the vision board helps to make something vague into something that creates a point of reference when they feel confused in their busy lives.

Professional information. Sam is an accredited Therapeutic Counsellor, Clinical Supervisor, Training Facilitator, Personal Development Facilitator and Executive Coach. Working mostly in private practice now, she also has experience of working with the charity sector, adults and young people in education. Her broad spectrum of therapeutic work most commonly resides in anxiety, depression and relational trauma. She is active in the counselling community, providing opportunities for continuing professional development which enhance practice and is currently studying for her Professional Doctorate with a specialist interest in the personal and professional learning and development of counsellors.

(MACPP, MNCPS (Accred), MBACP, CIPD).



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