

Training for counsellors

Vision Boarding Workshop

Overview: Why not come and join us for our Vision Boarding Workshop. This creative workshop is designed to help you reflect and set some personal and professional intentions for the rest of the year.

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

- Include creativity in their reflecting and goal setting activities.
- Who enjoy making or want to try making 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: 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.

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

Where do I book? website: [Book Online | Training Counsellors](#)

We can't wait to welcome you!



Call

01254-476-704



Email

info@training-for-counsellors.co.uk



Website

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Testimonials

This is what people had to say on our previous vision boarding workshops:

- I enjoyed “being in the company of like minded souls”
- I enjoyed “Time to reflect, relax and chat and set intentions for the coming year”
- “Will definitely continue to use craft/creativity for my own self care and implement in my own practice where suitable”

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’.

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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