

This course is for anyone who wishes to move from “strength to strength” and also for those who, from a position of strength and healing, wish to help others.

The course is an introduction for the Diploma in Counselling for those wishing to become professional counsellors. (beginning Sept 2019)

The teaching embraces Theology and Psychology, Christian principles of tridimensional healing and is designed to increase self awareness, other awareness and awareness of our potential in God.



[WWW.VITALCONNEXIONS.ORG](http://WWW.VITALCONNEXIONS.ORG)



## WHERE AND WHEN?

HOPE CHURCH

MOIRA ROAD, HILLSBOROUGH,  
BT26 6DX, NORTHERN IRELAND

2 weekends

Friday 22nd and Saturday 23rd February 2019

and Friday 22nd and Saturday 23rd March 2019

10 am to 4.00pm

COST: deposit of £25 to secure a place and a further payment of £150 per weekend.

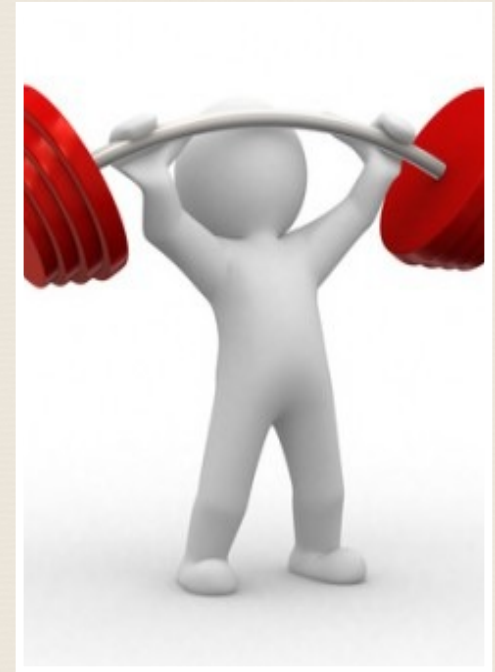
BOOKING FORM Belfast course Feb/Mar 2019:

**Please book and pay a non refundable deposit of  
£25 on the online form on:**

[www.vitalconnexions.org](http://www.vitalconnexions.org) on the Courses page. The balance of £150 each weekend can be paid at registration on arrival each day.

Thank you.

## “STRENGTH TO STRENGTH”



**A FOUR DAY COURSE TO  
RELEASE SPIRITUAL AND  
EMOTIONAL STRENGTH**

**Belfast Feb/Mar 2019**

**with  
Andrea Wigglesworth &  
Vicky McEvoy**





Andrea Wigglesworth and Vicky McEvoy

**Andrea Wigglesworth:** is an experienced Trainer, Therapist and Supervisor and has many years of experience planting Wellness Centres throughout Scotland. She has an M.Sc. Counselling Advanced Practice): M.Sc. Health Promotion.

**Vicky McEvoy:** is an experienced Therapist, Supervisor and Trainer. Vicky has a MA in Supervisory Practice a B.Th, Higher Dip in Adult Education, and Diplomas in both Counselling and CBT.

Both trainers are also Imago Relationship therapists and train counsellors and pastors to work with couples and offer life plan coaching.

**Vital Connexions** is the Teaching and Training Consultancy that Vicky and Andrea formed over 20 years ago to offer training in many Counselling related subjects to groups all over Ireland, Scotland, China, South Africa, Egypt, Kuala Lumpur Borneo, Singapore , Vietnam and Cambodia.

[www.vitalconnexions.org](http://www.vitalconnexions.org)

Phone: 00 353 1 9066043

# STRENGTH TO STRENGTH

**This course is designed to help you to discover your strengths, walk out of pain and understand the keys to a healthy soul.**

**3 John:2**



## STRENGTH FOR THE JOURNEY

Spiritual health is the key to successful living. Psalm 84:7 promises that we can go from "strength to strength". As we learn to listen to God, wait for Him (Isaiah 40:31) we will have our strength renewed. In the 21st century, the Christian faith can offer great strength and help to a generation that is looking for purpose and hope. This module will focus on keys to develop a healthy faith that will strengthen you to strengthen others.



**Strength For The Journey.**



**Flourishing and Thriving.**

## STRENGTH FOR THE BODY AND MIND AND SPIRIT

Neuroscience is increasingly offering us amazing insights into the connection between the mind and the body. Physical health and mental health have a strong and vital connection and this module will encourage you to think about your physical wellbeing and take steps to sharpen your mind, examine your perceptions and your choices and develop a "sound mind" in order to have a great life and to empower others to have a great life too.



**Work life Balance and Balancing energy for tasks.**



**Strength for Body and Mind**

## STRENGTH FOR THE EMOTIONS

With many broken hearts and negative emotions disempowering many people, this course will examine the root of negative emotions and help you to move from strength to strength as you examine your valley experiences and find gold there. God has created us with amazing potential and resilience. Spiritual truths will give insight and the keys to a prosperous soul will open up closed areas of your life and help you to find turning points .



**Post- traumatic growth! Tri- dimensional healing.**



**Resilience and Positive Psychology.**