

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?

**Venue: Westhill Community Church
Aberdeen**

1st Module: Friday 4th and Saturday 5th
January 2019. Times: 10am-4pm

2nd Module: Friday 1st and Saturday
2nd February 2019. Times : 10 am-4pm.

Cost: £25 deposit and £150 per weekend
module..

BOOKING FORM Aberdeen course Jan/Feb 2019:

NAME:.....

ADDRESS.....

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EMAIL.....

MOBILE:.....

Please enclose a cheque for £25 deposit and post to
Andrea Wigglesworth, 20 Carlingnose Point, North
Queensferry, Fife, KY11 1ER or Pay Pal payment on line.
www.vitalconnexions.org.

COSTS: The modules cost £150 each weekend and this
can be paid at the start of each module

“STRENGTH TO STRENGTH”



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

**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 Studies (Advanced Practice); M.Sc. Health Promotion and Diploma in Supervision..

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.

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.net)

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 module 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.