



Association for Supportive Counsellors
& Holistic Practitioners NPC
Reg no: 2012/221416/08
SAQA recognized professional body (ID 984)
with NQF registered designations

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January 2025 Welcoming Letter

Dear Member,

As we embark on a new year, we are presented with a vast expanse of time filled with both potential opportunities and challenges. It is only through deliberate effort and the cultivation of resilience, confidence, and focus that we can seize these opportunities. I draw inspiration from the metaphor of a wrestler—exemplifying determination and proactive energy. By “aggression,” I refer not to conflict but to the purposeful vigour required to tackle life’s challenges.

A wrestler is not a passive victim but a contender with the potential to become a champion. They do not wait for their opponent to dictate the match but instead engage with clear intent and purpose: victory. Similarly, in our personal and professional lives, we face two choices—either to let life overwhelm us or to actively pursue its abundance. In 2025, I am choosing to take charge of my life and my counselling practice as far as possible. This choice reflects an internal locus of control: the belief that our actions directly influence the outcomes of our lives.

Owning our lives is essential for achieving success. As Kendra Cherry aptly states: “Our locus of control influences our response to events in our lives and our motivation to take action. If you believe that you hold the keys to your fate, you are more likely to change your situation when needed. Conversely, if you think that the outcome is out of your hands, you may be less likely to work toward change.”

The key message is that our lives are largely in our own hands. By taking charge and avoiding procrastination, we can navigate challenges and setbacks with the confidence that, ultimately, we will prevail. It is important to recognise that locus of control exists on a continuum. No one embodies a fully internal or external locus of control; instead, we all fall somewhere along this spectrum. However, it is vital to consciously strive towards an internal locus of control, taking ownership of our futures rather than allowing external circumstances to dictate our paths.

Individuals with a strong internal locus of control often demonstrate the following traits:

- **Accountability:** They take responsibility for their actions.
- **Self-Efficacy:** They believe in their ability to influence outcomes.
- **Physical and Mental Well-Being:** They tend to be healthier and happier.
- **Independence:** They exhibit greater autonomy and self-reliance.

Directors: Dr L Herholdt, LD Herholdt, Dr J Schoeman



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- Professional Success: They frequently achieve greater accomplishments in their careers.

The course of 2025 will largely depend on the choices we make. My hope for you is that you embrace this mindset and actively work towards prosperity and well-being, knowing that such rewards are earned through effort and determination.

Wishing you a year of success and fulfillment.

Kind regards,

Dr Liezl Herholdt

CEO, ASCHP