



## November 2023 Circular

In the vast tapestry of existence, we are granted the gift of life, a fleeting journey through time and space. Yet, it is not merely about the passage of years; it is about the depth of our experiences, the richness of our connections, and the courage to confront our innermost selves.

In the realm of counselling, we find a beacon of hope, a guiding light that empowers us to navigate the complexities of our emotions and unravel the threads of our stories. Life is not just a series of days, but a mosaic of moments waiting to be lived. Each sunrise brings a canvas anew, an opportunity to paint our aspirations, dreams, and resilience in vibrant strokes. Counselling, in its essence, becomes the brush that helps us craft a masterpiece from the palette of our emotions. It is a transformative journey that whispers, "You are not alone; your story is worth telling." Living is not a passive endeavour; it is an active engagement with the world and, most importantly, with ourselves.

Counselling opens the door to self-discovery, encouraging us to embrace the full spectrum of our feelings and thoughts. It invites us to confront the shadows within, not with fear, but with the understanding that in acknowledging our vulnerabilities, we discover our true strength. Every day is an unwritten chapter, a chance to rewrite our narratives, redefine our purpose, and rediscover the joy that resides in the present moment. Counselling becomes the compass, guiding us through the labyrinth of our emotions, and helping us find clarity amidst the chaos. It is a testament to the belief that within every challenge lies an opportunity for growth and resilience.

So, let us not merely exist but truly live, savouring the symphony of each heartbeat and the dance of every breath. In the embrace of counselling, we learn that the pursuit of happiness is not a distant destination but a continuous journey, a journey where we navigate the ebb and flow of life's currents with grace and authenticity. Embrace the wisdom that counselling imparts, for it is the alchemy that transforms adversity into triumph, despair into hope, and existence into a celebration of the extraordinary tapestry of being alive.

Today is not just another day; it is a canvas waiting for the brushstrokes of your unique story. Seize it, live it, and let counselling be your trusted companion on this magnificent voyage of self-discovery and living each day to the fullest.

Let this be your guide as a counsellor to realise just how important your role is to guide your clients to be able to enjoy their lives to the fullest.

## NEWS FEEDS

**IMPORTANT NOTE:**

THE LAST DATE FOR CPD SUBMISSIONS FOR 2023 IS:

**-30 NOVEMBER 2023-**

**IMPORTANT NOTE:**

Dear ASCHP Members,

We're excited to announce our new partnership with VNI! As part of this collaboration, you'll be receiving an email from VNI to register for your Continuing Professional Development (CPD) for 2024.

Please look out for this email and follow the instructions to complete your registration. This partnership is a significant step in enhancing our CPD offerings and we're thrilled to bring this opportunity to you.

Thank you for your continued commitment to professional growth.

# EXCITING NEWS!

*NaCare*

Exciting news! Receive a FREE Herbal healthshop online course when you purchase a minimum of 3 tinctures from NaCare Herbals. Dive into the world of natural wellness and elevate your counselling practice with our premium herbal remedies. Limited time offer—nurture your well-being today!

Ts & Cs apply

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

[info@nacareherbals.org](mailto:info@nacareherbals.org)

REGISTER NOW



This content will be helpful for anyone interested in making use of herbs in their counselling practice. Medicinal plants provide excellent support for mental challenges like stress, anxiety, insomnia, memory lapses and mild depression.

## Benefits include

- The opportunity to work holistically
- To expand your wellness offering
- To create an extra stream of revenue

To broaden your counselling skills, please send an e-mail to [cpd.liedani@synergetica.co.za](mailto:cpd.liedani@synergetica.co.za) to request the link.