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Congratulations to me, and gifts for you!

1 message

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Vitalis Coaching Newsletter: Gifts for You and Meditation Workshop

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I graduated and am now a Qualified Therapist and Counsellor!

It's still hard for me to believe, but I am really finished. 4,5 years of part-time study, and last night was my Graduation Ceremony.

I qualified. It's funny, because I've qualified more often in my life (for example in business studies at uni, and as a coach), but this one feels different. It was a journey of such emotional turbulence (of both challenging and wonderful feelings) and, if I may say so myself, a proper dose of personal growth.



To celebrate I have GIFTS FOR YOU

Free SMILE Meditation

As you can see on the photograph, I was full of shiny smiles last night. And to share my joy, I recorded a guided meditation that helps to reconnect with those joyous feelings inside of us. It's aim is to reconnect with a sense of happiness, joy and contentment Even if you believe those are non-existing within you, give it a shot ;) You can download it for free via [You Tube](#) or drop me a line and I will email you the MP3 file, for your phone/iPod etc. [Happy meditating :\)](#)

Free Sessions

The good news for you is that your **private medical insurance**, if you have one, might now pay for our sessions. So please [contact me](#) if you are interested in finding out more.

But to come back to my celebratory mood... I still find it hard to believe that I completed 900 lecture hours, including 120 evening meetings, 24 weekend seminars and a six-day intensive spread over four years in order to now be able to call myself a qualified therapist. I worked for over 650 hours with clients in different settings and charities as part of my degree requirements. And that was not all, as part of studying to be a therapist one has to be in therapy for the duration of the course. To know oneself, before one can help others. Trust me, this was not easy and at the same time the most rewarding experience that I would recommended to anyone. I do not wish to write another essay for a long time and am thoroughly enjoying reading novels instead of the mandatory course requirement pile of psychology books :) If you'd like to read more about my experiences, please see the personal & professional journey sections below.

And last but not least, my dear friend Tomasz is in London (whom I've met in India) to give lectures and workshops on **Meditation - Open your heart and awaken to yourself**, read more below. I highly recommend his work for anyone who is longing for some inner calm :)

Warmest wishes,
Karin Peeters
www.vitaliscoaching.com



Meditation

Open Your Heart &
Awaken To Your
Inner Self

Deep Meditation
Lectures &
Workshops

Friday evenings and
Sundays day time
throughout July,
London

Lectures

Friday July 12th, 19th
& 26th 2013, 6pm-
8pm
W2 Paddington,
West Central
London
£15, concessions
available

Workshops

Sunday July 14th,
21st & 28th 2013,
10am-5pm
W5 Ealing, West
London
£70, concessions
available

For more information
and registration, click
"Lectures/Workshops"
links above or please
contact:

Tomasz Krystek
tk74@wp.pl
075 8217 8165



Professional Journey to Qualification

What did I do to get
where I am right
now? I worked at
HM Prison
Wormwood Scrubs,
to soothe and
support family
members and
friends of inmates.
And I worked with
the male inmates
too, we spoke about
how their **faith** and
(religious or
spiritual) beliefs
helped them
through the time of
imprisonment. For
3,5 years I
volunteered for one
afternoon a week at
FreshStart
Psychotherapy,
offering a friendly
face to fe single
moms, artists and
unemployed
immigrants. I gave
disabled people
their **confidence**
back as a mentor at
the Citizens Trust.
At Ealing Abbey
Counselling Service
I supported people
with **anxiety**,
bereavement and
lack of **self-worth**.
Each and every
person I met had
worries and
concerns, just like
you and me, and
time and time again
I felt these people
are wonderful. It's
been an honour to
have learned to
know them, and as
one of them said to
me "**thanks for
walking with me
for a while along
life's road**".



Personal Journey to Qualification

What did I
encounter along the
way? I felt "trapped"
at times, as the
commitment to
almost 5 years of
study felt impossible
to me. My soul
wants to feel free,
and feeling pinned
down was
challenging for my
adventurous spirit.
Fights inside my
own head about the
big financial cost to
this type of study.
Was I **really worth
it**, to spend so much
money on myself?
And let's not forget
the moments I
analysed all my
friends and family,
to their great (and
understandable)
irritation ;) My
apologies! My own
wounded inner child
popped up, she
needed to feel
reassured and
learn to **trust** again
that people would
be there when she
needed them most.
And then the
**innocent joyous
inner child** re-
appeared, wanting
to dance and run
through fields of
yellow flowers. It
was tiring at times,
painful at others, but
**wonderful, sacred
and deeply
precious**
throughout.



Contact

Karin Peeters

**Life & Executive Coach
Corporate Trainer
and now I can add
QUALIFIED
Counsellor & Therapist**

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