

Creative Vision Day

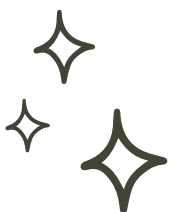
Grow Yourself



Saturday 6th September

9:30am - 12:30pm

Online



Creative Vision Days

Creative Vision Days are three dedicated opportunities each year to focus on you, your private practice, and the direction you want to take it. Guided by the framework of Find Yourself, Be Yourself, Grow Yourself, these sessions provide:

Inspiration – Spark new ideas and fresh perspectives.

Creative Space – Explore, reflect, and bring your vision to life.

Support – Gain clarity and confidence in your next steps.

Take this time to step back, dream big, and shape the future of your practice with intention.

January - Find Yourself

Start the new year with a blank canvas and rediscover yourself in the process! While reflecting on the past year I'll spark your imagination for the year ahead. Our creative activity will map out your hopes and dream for the year and act as a reflection of your evolving self.

May - Be Yourself

Half way through the year, this session invites you to pause and reflect on whether you're staying true to yourself and your vision for your practice. Our creative activity will use symbols to remind you who you are and the business that you're growing.

September - Grow Yourself

The year is rushing by, but there's still time to flourish. This session will be your autumnal harvest, a moment to gather lessons of the past months and reflect on your progress and celebrate how far you've come. Our creative activity will help you repurpose paperwork into something new and inspiring.



Welcome to Septembers Creative Vision Day

Grow Yourself

This preworkshop pack contains information about the day, what to bring and some preparation work you can do beforehand if you choose. It will compliment your work on the day but it's not essential.

Some of the things you can expect at the workshop

- A short presentation
- Plenty of time to dream, create, plan
- Time in small groups to process your thoughts
- Space to be creative

Things you need to bring with you

- Print the ink friendly worksheets from this pack
- Craft paper - A4 printer paper is fine but if you have bigger sturdier pieces it gives you more options
- Any art materials that you can make marks with and you want to work with (pens, pastels, paints)
- Notebook to keep track of your thoughts
- An open and curious mind

Our theme

Grow Yourself. Whether you've been to all of the Creative Vision Days or this is your first, you will have grown this year. This session is to help you realise your growth, celebrate your growth and prepare you to end the year well.



Grow Yourself

Review & Reflect

Take some time to ponder the Review & Reflect questions

Calendar Pages

Choose one of the calendar pages and map out the next few months.

Ideas:

- Mark any days off / annual leave.
- Important days you need to recognise and leave space for.
- If you're governed by school timetables the last week of term needs factoring in.
- Mark your working days

Reflect on what that looks like and how you feel about it. Is there anything you need to add or take away or consider.

Overview of 2025

Ideas to help you review your year so far.

- List the numbers of clients you had or amount of money you made
- Go through your diary and list significant things that happened
- Consider what personal things impacted on your business
- List any CPD or conferences you attended
- On top of all your notes illustrate it with colours, marks, symbols or whatever comes to your mind.

Grow Yourself

Journal Space

Use in any way you wish. You can jot your thoughts down while you are listening to my presentation on Saturday 6th September.

Celebration Preparation

On Saturday 6th September we will be looking at ending the year well and how we recognise all you have achieved this year. Use these celebration pages to doodle in on the day or cut out to use as part of our creative task. The task will be revealed on the day!



Can't wait to see you!

Review



WHAT ARE MY GOALS

WHAT DID I ACHIEVE?

WHAT BARRIERS DID I FACE?

**WHAT DO I NEED TO END THE YEAR
WELL?**



September

Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

October

Su	Mo	Tu	We	Th	Fr	Sa
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5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

November

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December

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21	22	23	24	25	26	27
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September

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November

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December

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Over view of 2025

January

February

March

April

May

June

July

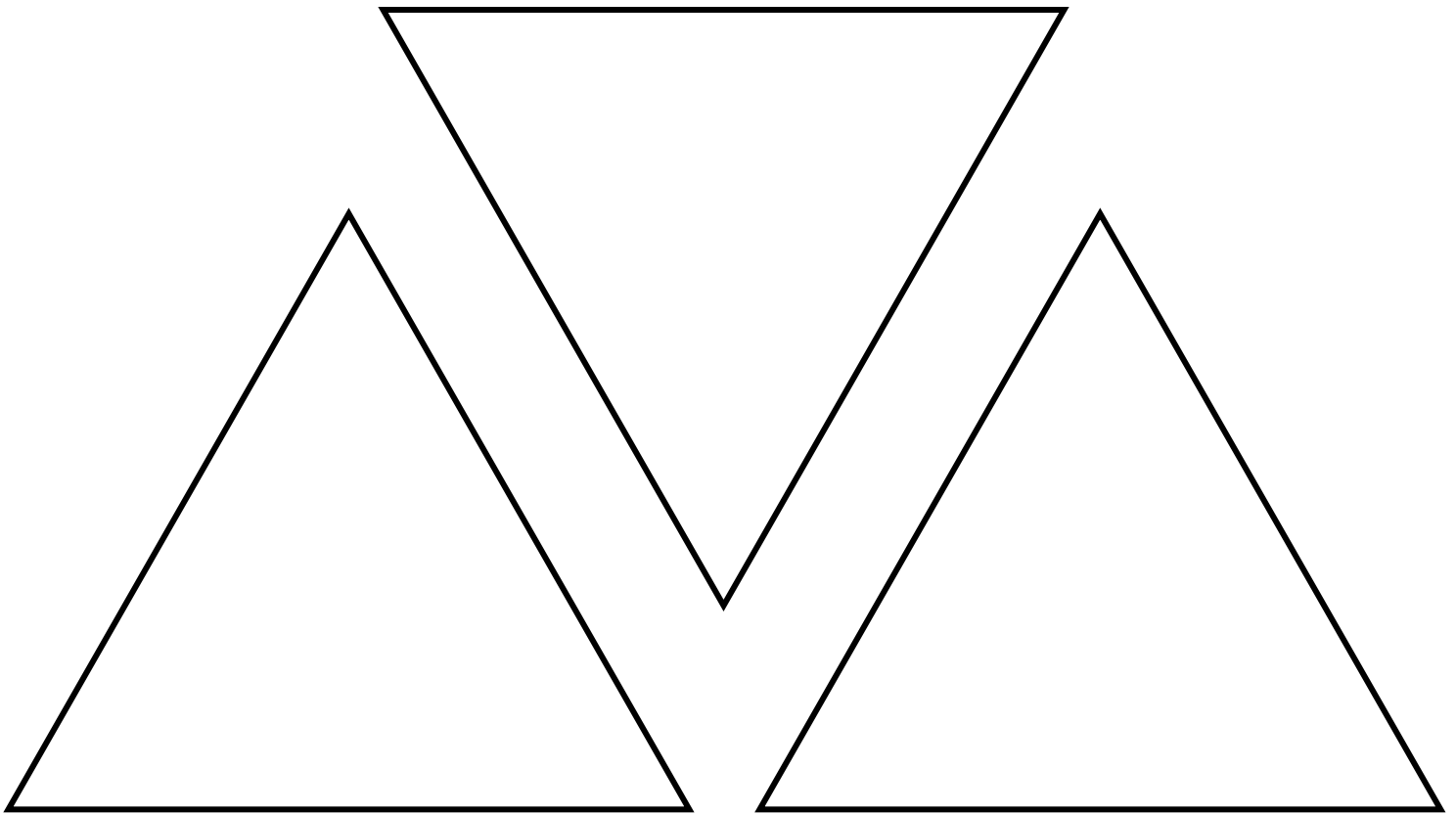
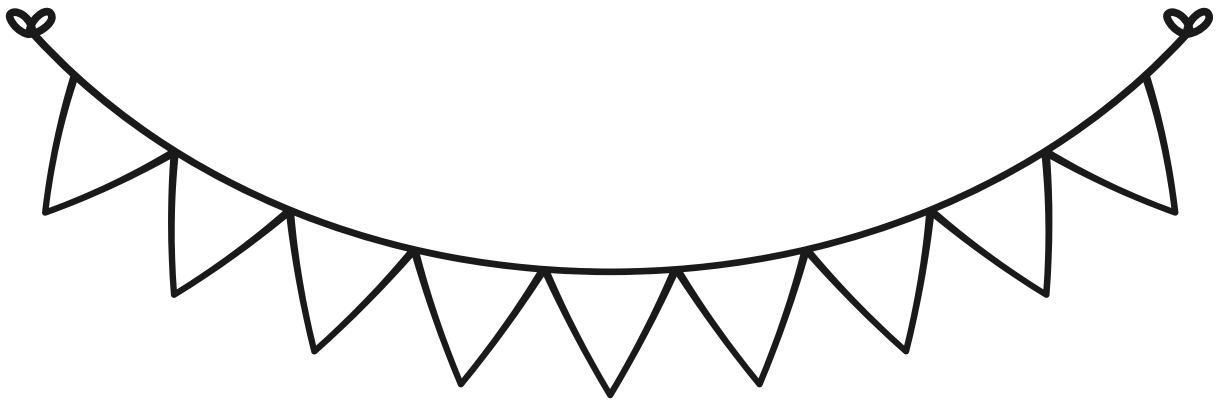
August

Grow Yourself

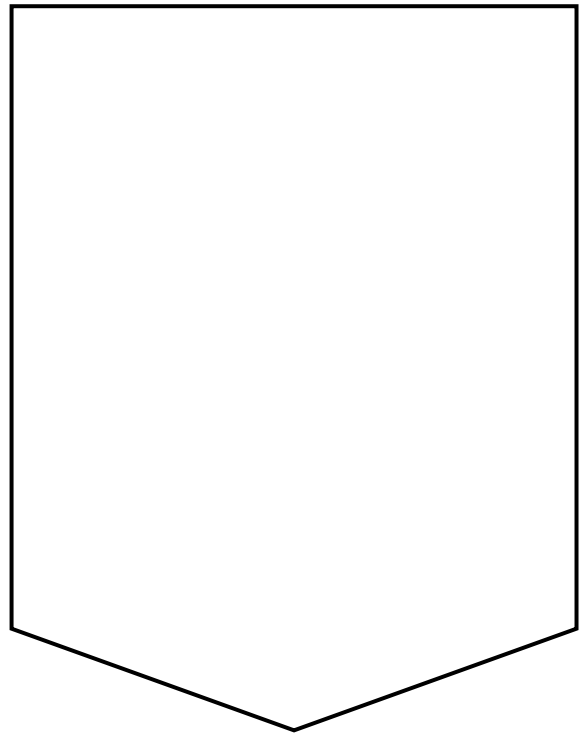
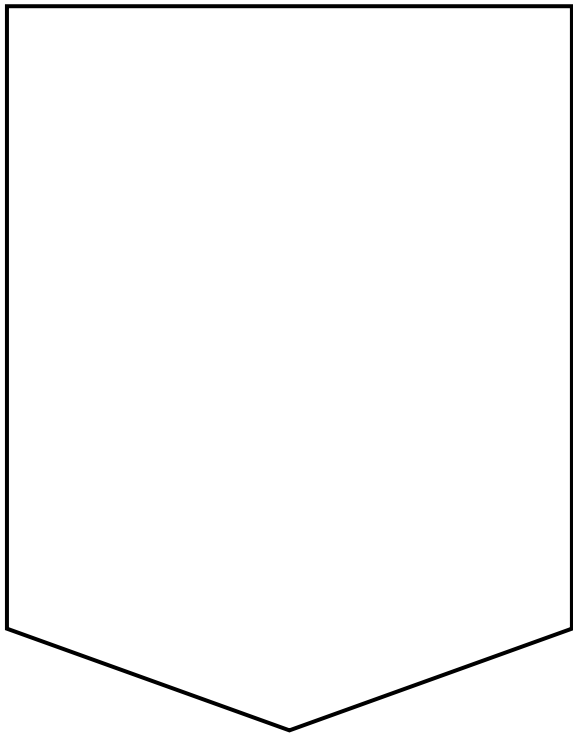
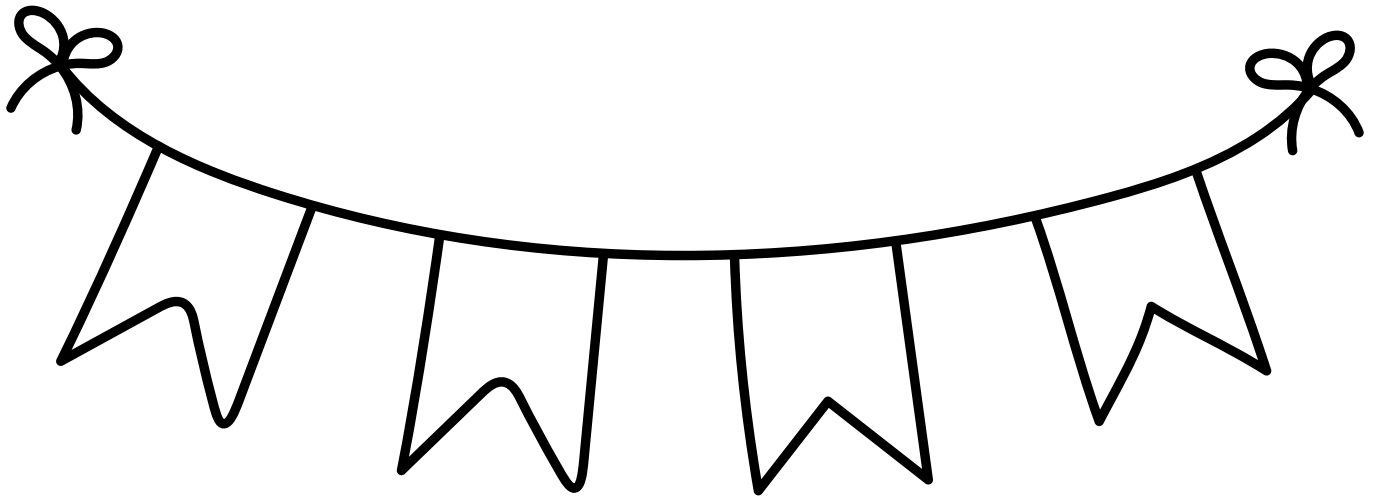
Journal Space

Shine bright, be yourself
Stephen Richards

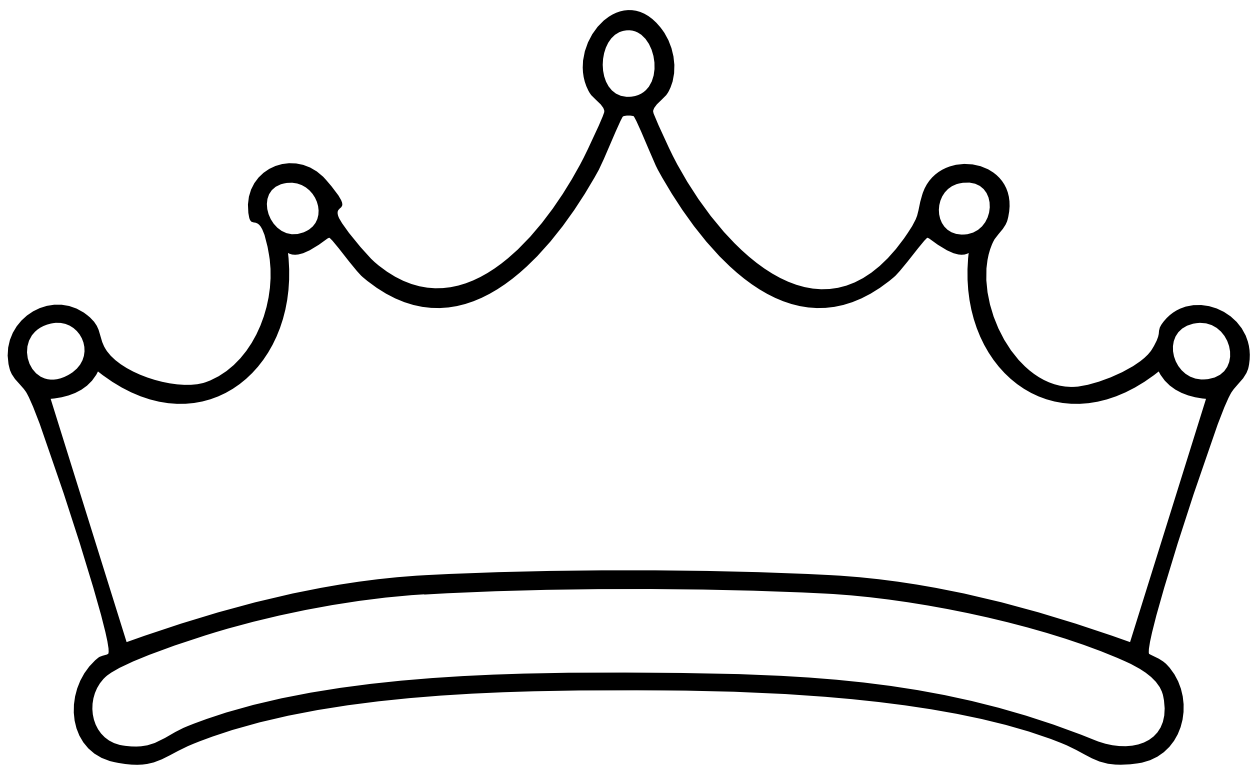
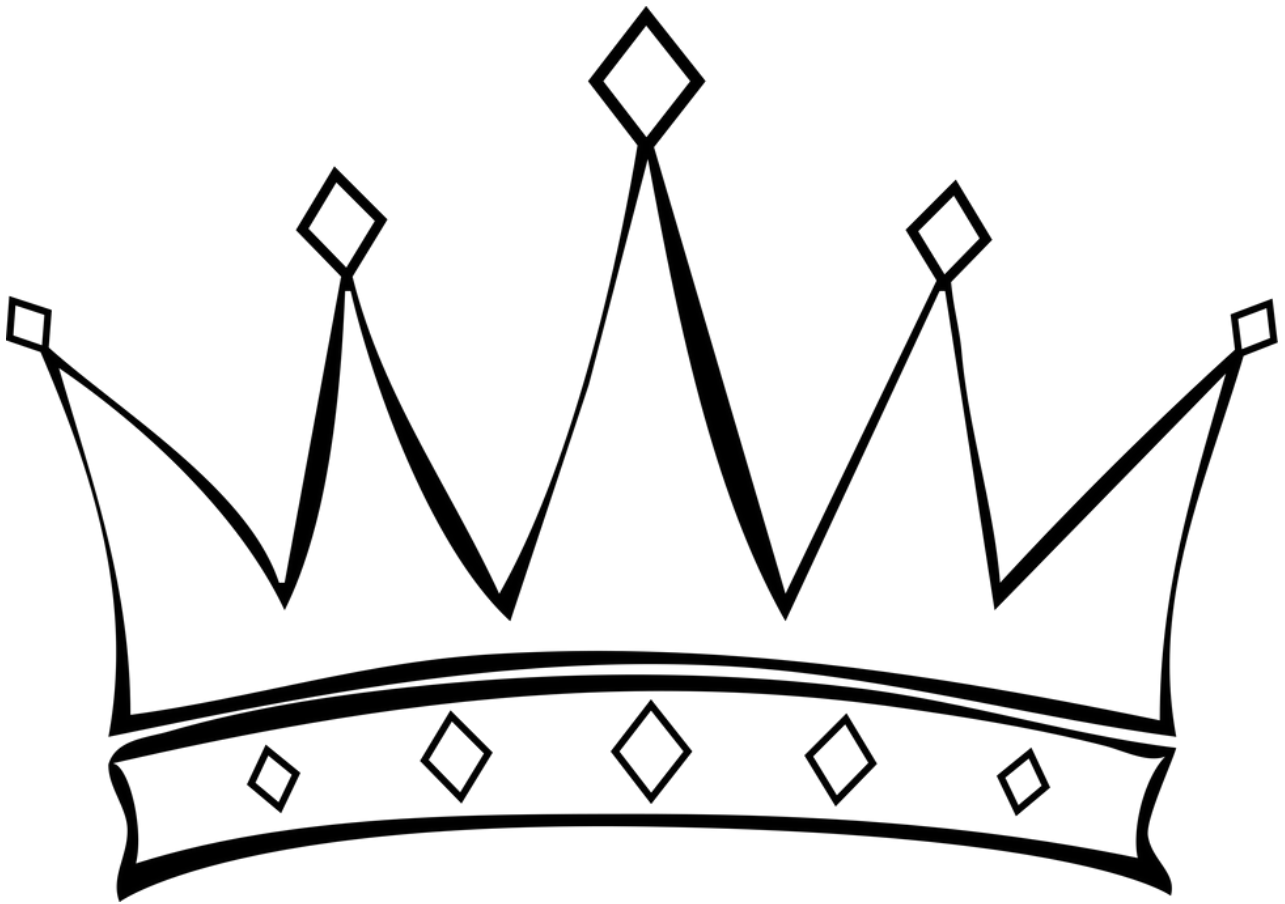
Celebration Preparations



Celebration Preparations



Celebration Preparations



Reflection

 **THINGS I NEED TO DO**

TO THINK ABOUT FURTHER

TO EXPLORE IN SUPERVISION

ASK ME ABOUT AD HOC SUPERVISION 

Need more inspiration?

Join one of my supervision groups:

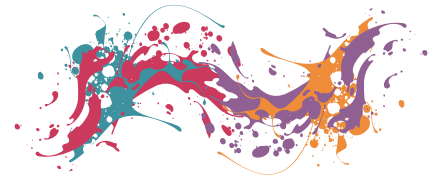
Grow: If you have dreams to grow your practice and you want inspiration, courage and creative guidance then become the next member of GROW. A unique blend of CPD and Supervision to help you GROW your practice.

2.5 hours - monthly - online



Space: For creative souls who process by creating and exploring. This is a small group that values connection and openness. You will get creative space to reflect on your practice and time to process your work with others.

Small group - 2 hours- monthly- online,



Subscribe to my You Tube channel
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www.youtube.com/@creativecounsellor



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resources:

www.nicolahughes.co.uk/shop