



WELCOME TO OUR

## Monthly Newsletter

### **September Reflection: What Am I Looking Forward To This Month?**



Welcome to the monthly newsletter from Victoria Counselling Services. Our goal is to help individuals improve their lives and create positive transformations. By combining professional counselling and coaching, we offer personalized support through individual programs, courses, and online resources. What sets our services apart is our genuine and approachable approach. We value honesty with our clients and strive to create a safe and authentic space for personal growth and change. Join us on a journey towards enhanced mental health and well-being.

↓ In this newsletter you will find:

Current issues, latest blog, free resources, and more. Keep Reading!



## Latest Blog

EXPLORING THE IMPACT OF  
PASSIVE AGGRESSION IN ALL OR  
OUR RELATIONSHIPS

**Passive aggression is a complex and often misunderstood behaviour. Unlike overt aggression, where anger and hostility are openly displayed, passive aggression is subtle and deceptive. It involves expressing negative feelings indirectly rather than directly confronting the source of frustration. This article will help you recognize passive aggression, understand its causes, and explore its effects.**

[SEE FULL ARTICLE HERE:](https://victoriacounselling.com)

[HTTPS://VICTORIACOUNSELLING  
SERVICES.CO.UK/ONLINE-  
CONTENT/F/PASSIVE-  
AGGRESSION](https://victoriacounselling.com/online-content/f/passive-aggression)



## Coming Up

X2 WORKSHOPS

Would you like your voice to be heard?  
Join me on zoom to share what resources  
you would like to see in the mental health  
and wellbeing field. To sign up email:  
[victoria@victoriacounsellingservices.co.uk](mailto:victoria@victoriacounsellingservices.co.uk)



## Free Resource

UPSCALE YOUR JOURNALLING -  
LEARN WHETHER YOU ARE  
ADOPTING A FIXED OR GROWTH  
MINDSET!

[INSTANT DOWNLOAD](https://victoriacounselling.com)

[HTTPS://VICTORIACOUNSELLINGSERVICES  
CO.UK/COURSES-AND-RESOURCES](https://victoriacounsellingservices.com/courses-and-resources)

Ready To Invest In You?  
NEW COURSE COMING SOON!

**DISCOVER THE POWER OF  
YOUR PERSONAL  
NARRATIVE WITH THIS  
PROGRAMME DESIGNED  
TO HELP YOU IDENTIFY  
AND RESHAPE THE CORE  
STORIES THAT DEFINE  
YOUR LIFE.**



**FROM STORIES TO CHOICES: THE IMPACT  
OF NARRATIVES ON LIFE PATHS -**  
AVAILABLE HERE:  
[HTTPS://VICTORIACOUNSELLINGSERVICES.CO.UK/COURSES-AND-RESOURCES](https://victoriacounsellingservices.co.uk/courses-and-resources)

Take a look at my YouTube channel!

COME BY AND SAY HI. LEAVE A COMMENT AND LET ME KNOW WHAT  
CONTENT YOU WOULD LIKE TO SEE!

[HTTPS://WWW.YOUTUBE.COM/@VICTORIACOUNSELLINGSERVICES](https://www.youtube.com/@victoriacounsellingservices)

[WWW.VICTORIACOUNSELLINGSERVICES.CO.UK](http://WWW.VICTORIACOUNSELLINGSERVICES.CO.UK)