



AQUILLA TRAINING

Excellence in Personal and Professional Development

WWW.AQUILLA.CO.ZA

Counselling & Self-Growth

Ethics & Governance

Business & Management

Our workshops are designed for real-life dilemmas, offering bite-size content, downloadable resources, and recommended books for deeper learning. Unlike rigid training schedules, you can start when you're ready—no waiting for future dates. Since 2000, we've empowered thousands across South Africa with accessible, transformative learning. Aquilla Training blends encouragement with practical tools, making lifelong learning both achievable and meaningful.

Don't wait—choose your workshop today and start transforming your life!



Counselling & Self-Growth Online Workshops

<p>Beyond Words: Therapeutic Play for Lasting Wellness</p>	<p>This self-paced workshop introduces the powerful language of art and play as a therapeutic tool for healing, connection, and wholistic wellness. Designed for caregivers, educators, counsellors, and parents, it explores how play accesses emotions that words often cannot reach. Whether supporting a child, adolescent, or vulnerable adult, this course equips you with gentle yet effective strategies that foster resilience, trust, and meaningful emotional recovery.</p>	<p>Price: R600- Self-paced, flexible schedule</p>
<p>Invisible Price: Supporting Trauma Supporters</p>	<p>Those who walk alongside trauma survivors often carry unseen emotional, psychological, and spiritual burdens. This workshop speaks directly to helpers, counsellors, pastors, caregivers, and frontline workers who give tirelessly and quietly suffer the cost. You will explore compassion fatigue, secondary trauma, burnout, and healthy boundaries through a wholistic lens. Practical self-care strategies, early warning signs, and sustainable support practices are presented with clarity and care. This course empowers you to remain effective, well, and grounded while continuing to serve with strength and integrity.</p>	<p>Price: R 600- Self-paced, flexible schedule</p>
<p>Stop the Bully: Strategic for Creating Safe Environments</p>	<p>Bullying leaves deep emotional scars and destabilises families, schools, workplaces, and</p>	<p>Price R 600-</p>



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	<p>communities. This workshop provides clear, practical strategies to identify, prevent, and respond decisively to bullying behaviour. You will learn to recognise subtle warning signs, understand the psychology of bullying, and implement protective systems that promote safety, dignity, and accountability. Designed for educators, parents, leaders, and caregivers, this course equips you to shift culture from fear to firmness, and from silence to safe, confident intervention.</p>	<p>Self-paced, flexible schedule</p>
<p>Managing Embitterment and Moving Towards Healing</p>	<p>Embitterment quietly erodes relationships, health, faith, and joy when unresolved pain turns inward. This workshop addresses the roots of bitterness, resentment, and emotional paralysis with depth and compassion. You will gain insight into how unprocessed injustice affects the brain, body, and spirit, while learning practical steps towards forgiveness, emotional release, and renewed wholistic wellness. Ideal for individuals facing deep disappointment, betrayal, or prolonged unfairness, this course offers a structured, hope-filled pathway from emotional stagnation towards authentic healing and restored inner freedom.</p>	<p>Price R 450- Self-paced, flexible schedule</p>
<p>A Journey Through Hope: Understanding Suicide and Self-Harm</p>	<p>This sensitive yet empowering workshop offers clarity, education, and compassion around the complex realities of suicide and self-harm. It is designed for families, caregivers, educators, counsellors, and individuals seeking to understand warning signs, risk factors, and protective supports. You will explore the emotional landscape behind self-destructive behaviour while learning practical, life-preserving intervention strategies. Rooted in dignity, awareness, and hope, this course equips you to respond with confidence rather than fear, and to become a steady, informed presence in moments that matter most.</p>	<p>Price R 600- Self-paced, flexible schedule</p>



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Ethics & Governance Online Workshop

<p>Navigating the Grey: Making Ethical Decisions</p>	<p>Life rarely presents us with simple right-or-wrong choices. This workshop equips you to navigate ethical complexity with clarity, conviction, and wisdom. Whether in leadership, ministry, business, or personal life, you will explore decision-making frameworks for morally ambiguous situations. Topics include values-based leadership, integrity under pressure, accountability, and the emotional impact of ethical conflict. Through real-world scenarios and reflective practice, this course strengthens your confidence to act responsibly, courageously, and consistently, even when the path ahead feels uncertain or uncomfortable.</p>	<p>Price R 600- Self-paced, flexible schedule</p>
<p>Effective & Dynamic Board Operations</p>	<p>Strong governance shapes sustainable organisations. This workshop provides essential tools for board members, executives, and nonprofit leaders who desire confident, compliant, and visionary board operations. You will explore roles and responsibilities, ethical oversight, strategic planning, risk management, and healthy board culture. Practical guidance on meetings, decision-making, and accountability strengthens organisational stability and impact. Designed for both new and experienced board members, this course empowers you to lead with clarity, transparency, and purpose while safeguarding the long-term future of your organisation.</p>	<p>Price R 600- Self-paced, flexible schedule</p>