Wellbeing with Derek and Angela

Sessions • Retreats • Events • Corporate wellbeing

Practical inspiration, personal reflection and time to relax. Tailored experiences with Derek and Angela McGillivray.



A Happy Medium

Angel-A Holistics

Elizabeth House, Elgin, Moray

Meet Derek and Angela



Derek McGillivray

Derek brings practical life experience, honest conversation and a down-to-earth approach to helping people through life's challenges. A speaker, author, life coach, psychic medium and trained civil celebrant, he offers personal sessions, engaging talks, workshops, event hosting and personalised celebrations.

Author of A Happy Medium – Awakening Through Life's Challenges

Angela McGillivray

Angela offers calm, personal care through Angel-A Holistics. An advanced reflexologist, complementary therapist and Angelic Reiki Master and Teacher, she combines experience with a warm, intuitive approach. Her treatments and distinctive Foot Whispering experiences give guests time to pause, unwind and reconnect with themselves.



Our shared approach

Book us individually or together. We listen without judgement, respect your choices and agree an approach that suits your needs.

Three ways to shape your event

Choose the audience first. We will help you select the right mix of activities.

General guest events

For hotels, community events and private groups. Inspiring talks, confidence and reflection mini workshops, What's the Craic? conversations, treatments, hosting and celebrations.
Card or tea leaf readings are available by request.

Corporate events

For conferences, team days and staff retreats. Talks and workshops on resilience, listening, trust and communication, with facilitated networking, mindfulness, relaxation appointments and event hosting.

Specialist events

For spiritual groups, themed retreats and wellbeing gatherings. Intuition and spiritual intelligence workshops, mediumship demonstrations, readings, Foot Whispering, Angelic Reiki and personal reflection.

Available as a tailored event day or a programme over two or three days. Private sessions can also be booked separately.

Build your experience

With Derek

- Talks on resilience, confidence, communication and human connection.
- Life coaching, personal reflection, hypnotherapy and regression sessions.
- Card and tea leaf readings, plus mediumship experiences for suitable settings.
- What's the Craic? facilitated conversations and mini workshops.
- Master of ceremonies, reception and dinner hosting.
- Vow renewals, symbolic wedding celebrations, naming and milestone ceremonies.

With Angela

- Reflexology and crystal reflexology.
- Foot Whispering, individually or as an agreed group experience.
- Natural Lift Facial Massage and selected massage treatments.
- Angelic Reiki and Access Bars.
- Short introductions to everyday wellbeing and self-care.

Flexible formats

- Talks: 30-60 minutes
- Mini workshops: 20-30 minutes
- Main workshops: 60-90 minutes
- Angela's standard event appointment: 45 minutes plus 15 minutes for consultation and changeover.
- Readings, personal sessions and ceremonies are timed and scoped in your proposal. Activities are exchanged within the agreed allowance.



Treatments depend on suitability and facilities. Ceremonies are symbolic unless legal solemnisation is separately confirmed.

Day 1 of the Signature programme

11 am to 6 pm • Seven-hour event day • Up to 12 workshop guests

Time	Derek	Angela
11 am–12 noon	Welcome and talk, 11–11.45 am; then a break	Appointment 1: 45-minute session plus 15-minute allowance
12 noon–1 pm	Mini workshop, 12–12.30 pm; then preparation and guest free time	Appointment 2: 45-minute session plus 15-minute allowance
1–2 pm	Lunch	Lunch
2–3.30 pm	Main workshop, 90 minutes	Appointment 3, 2–3 pm; then a 30-minute break
3.30–4.30 pm	Guest free time and preparation	Appointment 4: 45-minute session plus 15-minute allowance
4.30–5.15 pm	Shared reflection or simple celebration, 4.30–5 pm; then changeover	Treatment room reset and break
5.15–6 pm	Early evening hosting or reception welcome, 45 minutes	Pack-down and organiser liaison

Derek delivers four hours of activities. Angela has four one-hour appointment blocks, each including a 45-minute session and a 15-minute consultation and changeover allowance.

Themes are tailored to general guests, corporate teams or specialist groups. A personally written ceremony is scoped separately.

Hosting can move later within an adjusted daily window. Extra hours and split days are quoted separately.

Continue the reflection

Simple ways to carry ideas and conversations into everyday life.

Read the book

A Happy Medium – Awakening Through Life’s Challenges

Derek shares the life experiences and lessons behind his work, exploring resilience, loss, confidence and finding purpose through change.

Explore the book • derekmcgillivrayauthor.com

For personal reading, or to support the theme of a talk or retreat.

Start a conversation

What’s the Craic? cards

Use the cards to spark conversation, consider a new perspective and open up discussion in a workshop, retreat or personal reflection.

Ask about the cards • derek@ahappymedium.co.uk

A card activity can be included in an agreed workshop programme.

Reflect between sessions

Ask Digital Derek

An AI reflection companion shaped by Derek’s experience and approach. Explore half-formed thoughts, consider a different perspective and find prompts for your own reflection.

Explore Ask Digital Derek • askdigitalderek.com

Optional workshop introductions and reflection between sessions.

Books, cards and digital access are discussed separately when planning an event.

Let’s plan your wellbeing experience



Tell us about your dates, venue, guests and preferred activities. We will suggest a practical programme and provide a clear quote.

Derek McGillivray
A Happy Medium

+44 7468 119635

derek@ahappymedium.co.uk

www.ahappymedium.co.uk

Angela McGillivray
Angel-A Holistics

+44 7967 232118

angela@angelaholistics.com

www.angelaholistics.com

Elizabeth House, 10 Victoria Crescent, Elgin, IV30 1RQ

Individual sessions • Private groups • Venues and retreats • Corporate events

> If you want a lovely calming experience to take time to yourself and a bit of self care she’s there to help you.
>
> **— K S, feedback for Angela.**

> Derek is outstanding in his commitment to helping others and I have no hesitation in giving him my highest recommendation.
>
> — J McV, feedback for Derek.

Based in Elgin, Moray. Other locations and international events by arrangement.

a happy Medium

Angel-A HOLISTICS
HOLISTIC CARE FOR BODY, MIND & SPIRIT

Time to pause.
Space to move forward.

Book a personal session, plan an event or explore reflection in your own time.

A Happy Medium



ahappymedium.co.uk

Sessions, speaking and events

Angel-A Holistics



angelaholistics.com

Treatments and wellbeing

Ask Digital Derek



askdigitalderek.com

Your reflection companion

Scan a code to explore, book or enquire.

Elizabeth House · 10 Victoria Crescent · Elgin IV30 1RQ

Derek 07468 119635

derek@ahappymedium.co.uk

Angela 07967 232118

angela@angelaholistics.com

In person in Elgin · Online · Events by arrangement