



The Wellbeing Series

Interactive Workshops



Would you like to be in a state of constant harmony with yourself and the people around you? Come, join a series of free interactive sessions and discussions conducted by experts that help you become more self-aware and take with you skills and techniques that are easy to learn and practice! These are simple and commonly used by successful people. Perhaps you have known about them but forgotten how much they can benefit you. Join us for an easier journey towards total wellbeing!

Habits For Effective Living

COMPLETED

Thinking For Success

COMPLETED

Models For Increasing Wellbeing

COMPLETED

SMART Parenting With Teenagers

COMPLETED

Stop Procrastination & Effective Time Management

The Coaching Habit

How To Think For Success(Teens & Tweens)

Emotional Quotient

Mindfulness For Emotional Wellbeing

COMPLETED

Communication Pointers for Moms

COMPLETED

Hypnosis For A More Successful You

COMPLETED

Mind Quietness Practices

COMPLETED

Addressing Primary Feelings: Part1: Boredom & Anger

Hypno-Coaching For Parents

Stress Management & Defeating Negative Self Talk

Happiness

For Registration & Details send email to : thewellbeingseries@gmail.com

Webpage: <http://thewellbeingseries.wix.com/mysite> Follow us on Face Book- **The Well Being Series**