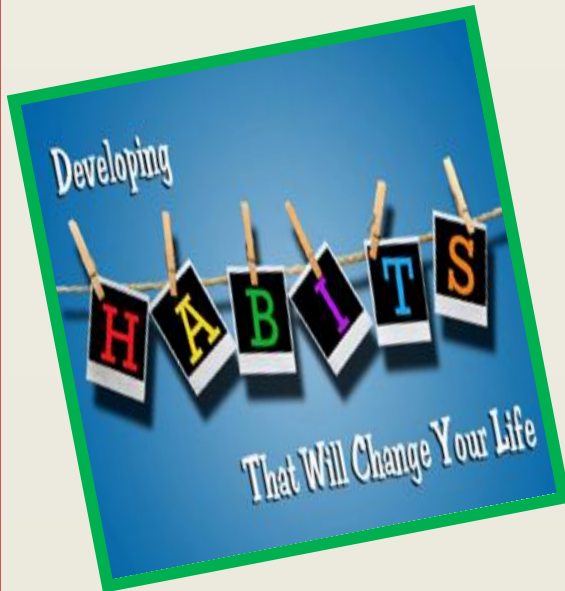




The Wellbeing Series

Habits for Effective Living



- * What is Effective Living?
- * What is a Habit?
- * What are some habits that can help us to live effectively?
- * How do we integrate these habits into our daily life?

This free 90 minutes retreat type facilitated session will make you aware of specific habits for a fulfilling life. Realize the benefits of habits and understand how to make these a way of life. Learn through discussions and tools that will help you to reflect and internalize practices that can make your life better.

Who HOME MAKERS

Where MANDARIN GARDENS
CONDO, FUNCTION
ROOM, 13, SIGLAP
ROAD, UNIT 02-
01.(ABOVE THAI PAN
RESTURANT)

When 2nd SEP, 10:30AM-12:00

What " HABITS FOR
EFFECTIVE LIVING"

Why TO LIVE LIFE TO YOUR
HIGHEST POTENTIAL.

Cost FREE

**Register by
Email**

thewellbeingseries@gmail.com

Webpage

[http://thewellbeingseries.wix.co
m/mysite](http://thewellbeingseries.wix.com/m/mysite)

Facebook

The well being series

Facilitated By

G.Bala & Team – Personal Coach.

Over 40 years of Mentoring and Coaching experience with in-depth knowledge of applications from Positive Psychology.

Retired from corporate life, is currently helping individuals through personal coaching to help them realize their potential for improving their well-being.