



The Wellbeing Series

Models for Increasing Wellbeing



- * What is Wellbeing?
- * Nature versus Nurture?
- * What can we learn from Positive Psychology?
- * Can we increase personal Wellbeing?

This free 90 minutes retreat type facilitated session is to help you understand what Wellbeing is.

It will introduce you to models from Positive Psychology that explain the concept of Wellbeing.

And from these Models we can learn how to increase Wellbeing.

Who ALL INTERESTED

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

When 4th NOV, 10.30-12:00PM
Registration: 10.15AM

What "MODELS FOR INCREASING
WELLBEING"

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 Senior Management and Mentoring/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.