

## Rejuvenating, Holistic and Revealing –

We promise that you will have an exciting journey discovering how you can enhance and create balance in life – at work and at home.

Seminar A:

### Emotional Management

*Creating a Positive and Engaging Work Environment in Your Organisation*

4 May 2006,  
Grand Copthorne Waterfront, Singapore

Seminar B:

### The Zen of Leadership for the 21<sup>st</sup> Century

*Revitalising the Office Dynamics with  
“Heart-Mind-Soul” Leadership*

5 May 2006,  
Grand Copthorne Waterfront, Singapore

Seminar Leader:

**Joy Leo, Ph.D.,**

International Speaker, Transformation Coach  
& Facilitator for People Empowerment

Official Magazine



Organised by

**PARTNERS**

Conference & Event Management Pte Ltd  
(Reg. No. 200210370R)

# Emotional Management

Creating a Positive and Engaging Work Environment in Your Organisation

4 May 2006, Grand Copthorne Waterfront, Singapore



This unique programme is NOT for everyone. Before you decide whether this programme is for you, why not take a survey first.

**NOTE: Review this self-survey with total honesty.**

- Your work place or office dynamics is in a state of constant chaos and tension.
- Your boss, your colleagues or your staff get on your nerves.
- You feel fatigued and uninspired. You dread facing another day, more of the same in office politics.
- You find yourself getting increasingly restless and impatient.
- You have lost your drive and enthusiasm.
- You feel overwhelmed, anxious and helpless.
- You have trouble remaining concentrated and focused.
- You find yourself running around in circles, and you are often distracted.

YES	No
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

**If you have answered 'YES' to at least 3 of the above symptoms and they keep on recurring, it may mean that stress is undermining your efficacy. Then this workshop is for you!**

## Why This Programme?

Stress is the disease of our century, reaching epidemic proportions. It permeates the corporate culture, and leads to depression and burnout. The hefty price tag for stress is:

- Productivity loss
- Absenteeism
- High turnover
- Health care and medical insurance costs
- Low morale

*The root of most of our world's problems is a lack of emotional management, a lack of understanding, care, respect and compassion. Most organisations and governments are fairly dysfunctional, because their leaders lack skills to manage themselves emotionally, let alone be an example for others to follow. That dysfunction damages the planet every day.*

– Doc Lew Childre, founder of Heartmath

There is an antidote for stress – **Emotional Management**. A healthy Emotional Management programme helps cut down excessive costs, staff turnover, human strain, and the painful loss of human resources. For yourself, your team and your organisation to operate at your optimum with the least amount of resources, it is crucial that there is sufficient in-house support and training system for emotional management.

Drawing from *multi-cultural disciplines, and integrating the pragmatic and eternal wisdom of east and west*, this training provides you with the extra "edge" that goes beyond shrewdness and expertise, so you can truly create a positive and engaging work corporate environment in your organisation.

## Who is This Workshop For?

This workshop specifically designed for those executives and leaders who desire to upgrade their skills in self-emotional management.

This training is especially applicable to:

- Key Executives, supervisors, division heads, managers, team leaders.
- Leaders responsible for **Human Resources and Training, Corporate Development, Organisational Development, Strategic Planning, Operations, Business Planning, Marketing.**

## Workshop Objectives

At the end of the workshop, you will:

- **Learn** very effective, practical Relaxation and Stress Management techniques.
- **Release** your deepest fears and make peace with yourself.
- **Re-discover** your passion, and experience renewed vitality & well-being.
- **Regain** focus, clarity of purpose, and perspective of the bigger picture: Why you are here in the first place?
- **Respond** with openness and confidence, not fear or resentment.
- **Develop** your Intuition and Spontaneity, so you are more equipped to face your challenges with your head, your heart and your BEING!

## Some Highlights

- **EFT (-Emotional Freedom Techniques)**  
EFT is a highly successful health innovation. It has been proven in thousands of clinical cases to be most effective in relieving phobias, traumas, post traumatic stress disorders; it can counteract addictions to cigarettes, overeating, substance abuse, and other compulsive behaviour. It generates a significant cognitive shift and helps people reshape their limiting thought patterns into positive attitudes. Experience EFT first-hand!
- **Mind-Body Relaxation Tools**  
Breath work, quick *qigong* revitalisation exercises, powerful visualisation technique to promote single-mindedness & to harness the power of your Intent.
- **Meditation Techniques to Generate Coherent Heart Pattern**  
Easy-to-do Meditation to generate "coherent" heart rhythm. Heart coherence promotes significant neurological improvements: production of more DHEA (anti-aging hormone), a drop in blood pressure, increased vitality, cheerfulness, enthusiasm, and decrease in the negative feelings of frustration, anger and fear.

Seminar B:

# The Zen of Leadership for the 21<sup>st</sup> Century

Revitalising the Office Dynamics with "Heart-Mind-Soul" Leadership

5 May 2006, Grand Copthorne Waterfront, Singapore



*The corporate world complains about the sore lack of authentic leadership. What is Leadership? It's not just business acumen or smarts, but integrity, empathy, empowered listening, and the fearless commitment to personally stand up as a role model for your community. A leader is the SOUL of his/her company.*

## Why This Workshop?

What is "Leadership"? Current turbulence in international politics and the re-structuring in global financial systems necessitate a revamping of the very concept of "Leadership." Fraud and malpractice scandals involving the CEOs of many multinational companies have left us with a "leadership vacuum."

The public is demanding more accountability. Nowadays, the assets of a company must include not just talent or acumen, but the INTEGRITY of its people. The trend towards serious re-examination of Ethical Intelligence is gathering momentum: what is the appropriate way to conduct business and your dealings with people? And what is the spirit behind genuine leadership?

This cutting-edge workshop explores the qualities of leadership outside the box. Your assumptions about leadership will be challenged. It challenges your mindset, and invites you to create a brand new possibility for your organisation.

The main themes explored are:

1. Personal integrity, self-expression, and emotional transparency - the essence of 'heart-mind-soul leadership'
2. Teambuilding techniques to revitalise office dynamics in a win-win context;
3. Forging a new relationship with the prosperity consciousness – enjoying creative abundance.

## Who Should Attend?

This workshop is perfectly suited for business owners, managers, entrepreneurs, or anyone who is a key driver in their organisation. In short, if you yearn for creative breakthroughs from the old, limiting mindset and powerful transformation in the organisation that you lead, you would benefit from this training!

## Key Learning Benefits

At the end of the workshop, you will come away with:

- Renewed confidence in your own leadership qualities.
- A brand new success identity in your operation systems.
- Listening and communication skills that cut through resistance, rendering you irresistible and attractive in your networking with colleagues and clients.
- Far-reaching and long-lasting benefits that spill over to many other areas of your life.
- Practical and effective tools to achieve remarkable breakthroughs in sales and profits.
- Experience the *miraculous* as a result of standing in your own Integrity!

## Workshop Topics

### Leadership and Integrity

- Building Integrity: Honouring your word, with no fear of how others see or judge you.
- Exploring components of **Genuine Leadership**: emotional competency, authenticity, empathy, selflessness, commitment, thinking outside the box.
- Inspiring, through personal example, everyone to take Full Responsibility for their role; becoming Fully Accountable in their work station.
- **Sacred Contract**: Reviewing your own "contract" with your office culture – have you strayed from your original commitment? What needs are currently neglected? What is the weakest link?

### Team Building & Communicating Skills

- Creating a **nurturing office culture** that is based on mutual trust, rapport, and personal integrity.
- **Listening Skills** – learning to truly listen is half the battle won.
- Developing your genuine **VOICE** that emerges from your core being – becoming fully self-expressed and confident.
- **Emotional transparency** - communication for effective conflict resolution.
- Activating your **Intuition and Spontaneity** so you can get your point across in a relaxed, inspiring manner.
- **Mindfulness techniques** including simple awareness of breath, visualisation, and activating the body's self-monitoring and awareness.
- **Short Meditation Exercise** for Renewal and Revitalisation.
- **Qigong and Tai Chi** body movement: conscious breathing and simple physical movements to raise the Now awareness of body-mind.

### The New Prosperity Consciousness

Prosperity consciousness or scarcity consciousness is a matter of choice in your attitude and mind-set. Are you aware that your relationship with money is the one you have chosen? Learn to delete unconscious programmes of lack and scarcity that undermine your enjoyment of prosperity.

- Identify insidious programmes of lack and scarcity you have been running from childhood.
- Apply **principles of modern Feng Shui** (Environmental Science).
- **Removing clutter** (physical, mental, emotional).
- Activating vital positions relevant to prosperity and harmony, e.g. Abundance Corner, House of Career and Recognition, Harmonious Networking.
- Reprogramme your abundance consciousness (like flipping a switch). You will develop Total Trust that you can attract wealth to you with ease, speed and self-confidence.
- Upgrade your consciousness to your original **Blueprint for Infinite Prosperity**.

## About Your Workshop Leader



**Joy Leo, Ph.D.** is a Transformation Coach, international speaker, and multi-dimensional spiritual teacher. She is also a Sekhem Master, qigong practitioner and relationship counselor. Joy studied psychology at Stanford, and went on to pursue a successful career as a TV and radio personality in Southeast Asia.

In her personal odyssey to integrate spirituality and the human experience, she became a Buddhist nun for 15 years, during which time she became adept in meditation and mindfulness training. Joy has evolved an innovative modality that blends psycho-spiritual counseling, and a self-inquiry process that integrates the practical wisdom of east-west disciplines.

From 2001-2003 Joy lived in New York, helping the light-transition of the 9/11 experience. She has spoken twice at the United Nations SCR Enlightenment Society and taught regularly at the New York Open Center. For the past 2 years Joy has established her practice in Hawaii, and most recently set up a new office in Silicon Valley, California. Joy presents her corporate empowerment seminars as a response to the intense soul-searching and reevaluation currently taking place in the corporate sector.

She is especially qualified in providing "soft skills" training which can enrich the physical-psycho-emotional aspects of an integrative corporate culture, creating new possibilities for remarkable makeovers. Most of all, Joy sees herself as a bridge for global awakening, allowing profound transformations to emerge through her coaching. Joy travels extensively in the USA and Asia. She also offers personal coaching in relationship issues and mind/body wellness.

Bay Area California, Hawaii, New York, Hong Kong, Singapore, China

## Hear What Others have to Say About Joy

*"The work that I've done with Joy Leo was powerful and life changing. She helped me to permanently clear emotional "baggage" and negativity from the past in a very non-threatening and caring way. She gave me the courage to tackle some deep, painful issues. She helped me to develop a spiritual outlook that I did not know I was capable of developing. I am truly grateful that I met Joy; thanks to her, I don't ever need to look back. I can embrace the future with eagerness and confidence."*

Lorraine Teniya, Manager, Customer Relations, Honolulu, Hawaii

*"Joy is very resourceful and knowledgeable. She has a way of combining the old with the new, blending traditional with the modern. This makes her workshops so fascinating yet harmonious."*

*I wish everyone could share what I experienced through Joy's guidance. I wish more people would be able to have their doors opened and see how their lives can be rosier and more meaningful."*

Catherine Liau, Director, HR, Fremont, California

*"What I appreciated most in the series of workshops that Dr. Leo led for the staff of the Hospital Authority, were the simple, hands-on techniques such as breathing, qi gong exercises, body movements and imaging methods. The workshops, attended by physicians, nurses, therapists, psychologists and social workers, were packed to capacity."*

*Dr. Leo was able to present the mind-body-spirit paradigm in a refreshing, entertaining and profoundly relevant manner. The easy to learn techniques enabled our staff to quickly access their inner resources and intuition, thereby generating a more stress-free and harmonious environment in the work place. Some of the nurses and doctors said they are eager to incorporate these techniques when working with cancer patients, also in palliative care. In short, Dr. Leo has made a deep impression upon her audience with her gems of wisdom, insight and extensive personal experience."*

Rita Agnes Wong, Assistant Human Resources Manager (Staff and Organisation Development), Professional Services and Human Resources Division, Hong Kong Hospital Authority

To register, please contact

**Partners Conference & Event Management Pte Ltd**

Tel: 65-6288 1273 Fax: 65-6288 1293

Email: enquiries@partners-conference.com

Website: www.partners-conference.com

	Standard Fees (nett per person)	Register by 31 Mar 2006
Seminar A:	S\$495	S\$450
Seminar B:	S\$495	S\$450
Seminar A and B:	S\$945	S\$900

*Team discounts are available when you register a team of 3 people and above.*

## REGISTRATION FORM

Yes, please register me / us

Name of Delegates	Designation	Email	Both	Seminar A	Seminar B
1. _____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. _____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. _____	_____	_____	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

### Approving Manager

Name: \_\_\_\_\_ Designation: \_\_\_\_\_

Email: \_\_\_\_\_ Organisation: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Country: \_\_\_\_\_ Tel: \_\_\_\_\_ Fax: \_\_\_\_\_

### Methods of Payment

#### Bank Transfer

Account Name: **Partners Conference & Event Management Pte Ltd**  
 Account Number: 501-584692-001 (Bank Code: 7339)  
 Pay to: OCBC Bank (SWIFT Code: OCBCSGSG)  
 Branch: OCBC Centre

#### Cheque

Please make your crossed cheque payable to:  
**Partners Conference & Event Management Pte Ltd.**  
 Kindly mail your cheque and registration form to:  
**Partners Conference & Event Management Pte Ltd**  
 32 Maxwell Road #03-07, White House, Singapore 069511