

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.

Emotional Well-Being –

The Key to Positive & Engaging Work Environment

17 May 2007,
Swissotel Merchant Court, Singapore

Seminar Leader:

Joy Leo, Ph.D.,

International Speaker, Transformation Coach
& Facilitator for People Empowerment



Organised by

PARTNERS

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

Emotional Well-Being – The Key to Positive & Engaging Work Environment

17 May 2007, Swissotel Merchant Court, Singapore



This workshop presents the intellectual scope as well as hands-on skills to develop emotional well-being, a vital quality for maintaining a harmony and abundance in the office. Studies have shown that companies that invest in the development of their staff's emotional health enjoy the greatest productivity, loyalty and pleasure in the workplace.

Research also reveals that lack of communication and the inability to make personal connection often result in lethargy, loss of enthusiasm and drive and even depression in some managers, assistants, and secretaries. Basically the human need for connection is so strong that if an office environment does not foster bonding, peer respect and affection, the morale dips. People must feel connected to a collective Vision before they can start savouring the simple pleasures of working together in a productive and win-win context.

This workshop presents in full scope the 4 basic components of our Being— physical, mental, emotional and spiritual — and how to align them to produce a sense of cheerfulness, vitality and heart congruency in your staff.

This is aimed at counteracting low self-esteem, burn-out, frustration, jealousy, infighting, anxiety and a host of other counter-productive emotions that often

debilitate an office environment. The workshop will explore Principles of EQ (Emotional Intelligence) and its practical applications, and the Power of Intention with practical tools on how to attract more abundance into our career and our life. It will also include practical guides to:

- Re-“organising”: a simple physical regime to balance physical body;
- Training exercises to develop one-pointed Focus and Clarity in setting Intentions;
- Stress-reduction exercises that are simple, quick and effective;
- Law of Attraction and Feng Shui principles to attract Abundance and Vitality;
- Activating an Internal Guidance System that helps monitor the impact of positive vs. negative emotions on the emotional scale, and also use it to uplift the well-being of oneself and others;
- Introducing a culture of Gratitude, Appreciation and Mutual Acknowledgment in the workplace.



About the Speaker

Joy Leo, Ph.D. is a transformation coach, international speaker and multi-dimensional spiritual teacher. She is also a Certified Master Hypnotherapist and practitioner of Matrix Energetics. Joy studied psychology at Stanford, and her Ph.D. in Buddhist Studies well equips her in mind-body de-stress training, meditation and emotional management. Joy also enjoyed a successful career as a TV and radio personality in SE Asia.

Joy presents her corporate empowerment seminars, aspiring to contribute to a new business paradigm that balances ethics, integrity and prosperity. She sees herself as a bridge for global awakening, allowing profound transformations to emerge through her writing and coaching.

Testimonials

“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.”

- Catherine Liau, Director, HR, Fremont, California

“I have attended several of her workshops and they act like a wish-fulfilling gem, allowing my own wishes to materialise. Her sessions helped me to re-invent my life, generating joy, freedom and abundance. Now, everyday is full of miracles because I have the tools to empower myself.”

- Tony Foo, Dispenser, Pharmacy, Hospital Authority, Hong Kong

“Joy’s workshop was uplifting and compelling. We received a lot of positive feedback from the audiences. They felt that her workshop was both helpful and thought provoking.”

- Eugina Lee, Director, TeamAsia – Hong Kong

“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, Hong Kong Hospital Authority

“I am a survivor of the 9/11 disaster. I was hurt both physically and emotionally by the attack. Through Joy’s sessions, I have found respite in a world that can be hectic, chaotic and stressful. Joy has taught me to focus and to concentrate. I always leave with a sense of calmness and happiness. Joy is very astute and compassionate.”

- Pat Farrel, Paralegal

“It was a wonderful experience to participate in Joy’s workshop and private session. Her wisdom and insightful input have touched my heart and brought joy to me”

- William Wong Marketing Manager of an International Fashion Label, S.E. Asia Hong Kong Hospital Authority

Programme Schedule

Registration : 08.30 - 09:00 hours

Workshop : 09:00 - 16:00 hours

Lunch break, morning and afternoon tea-breaks will be provided for at the workshop.

Fees - S\$495 nett per person

Team discount is available for 3 persons/more from the same organisation.

To register, please contact

Partners Conference & Event Management

Pte Ltd (Reg. No. 200210370R)

Tel: (65) 6 288 1273 Fax: (65) 6 288 1293

Email: enquiries@partners-conference.com

www.partners-conference.com

YES! Please register me / us:

Name of Delegate

1. _____

2. _____

3. _____

Designation

Email

Approving Manager

Name _____ Designation _____

Email _____ Organisation _____

Address _____

_____ Postal Code _____ Country _____ Tel _____ Fax _____

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