



Who are YOU?

This workshop is for anyone who wishes to understand themselves and improve their interactions with others in personal, professional and social settings

BENEFITS...

- Understand yourself & how you interact with others
- Understand how you have been influenced by life events
- Learn how to make choices to live a more productive life
- Understand the psychological games that people play
- Communicate more effectively by adapting your style to others



**California
Counseling**

Facilitated by

Dr Nenna Ndukwe, Chartered Clinical Psychologist

Regional Director of California Counseling Pte Ltd Singapore

Date: Tuesday 7th July 2015

Time: 6.45pm to 9.15pm

Cost: \$100

**Venue: The AGC, Level 13-22 (Resilience Training Room) Park Mall Shopping Centre
9 Penang Road Singapore 238459**

**To register contact: California Counseling 51B Temple Street Singapore 058596
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