

Building Positive Relationships & Understanding Body Language

7 March 2009 (Saturday) / 3.00pm - 4.30pm

Kampong Glam Community Club (385 Beach Road, Singapore 199581)

www.kampongglamyec.com

Like to improve your relationships with your loved ones?
Want to 'read' the deeper meaning of others' body language?

Attend this interactive talk with role plays and personal reflections!

1. Find out how good relationships improve your mental wellbeing.
2. Learn 5 rules to relate with others in your relationships.
3. Use appropriate body language to support what you say.

Pre-registration is required.
Please call 6298 4359 or 6295 0741
between 9am to 10pm, Monday
to Sunday or email:
seminar@kampongglamyec.com.

Closing Date: 6 March 2009

About the Speaker

Diana Chandra Oh is counsellor and trainer with more than 20 years of experience in education and training. She is a certified coach in life-skills and her work focuses mainly on relationships, communication and emotional intelligence.

This is a series of Mental Wellbeing talks supported by Health Promotion Board. For more information on Mental Wellbeing tips and programmes, please visit www.healthymind.sg.

Organiser:



Supported by:

