

TOTAL FOCUS WORKSHOP

Create the Future You Want for Yourself

The Total Focus Workshop has been designed to help you eliminate the negatives in your life and give you the means to create the future you want for yourself. The workshop centers on the way you think, what you think, the way you feel and the way you act and do not act.

Total Focus is covered over 2 half-day workshops. The focus is on mastering your mind and your emotions to help you think above the crowd. During the 2 sessions and the intervening week, you will be encouraged to contemplate various aspects of your life. This is a prelude to the climax of the seminars – the practical use of the action planning system for the 90-day challenge. This will enable you to do more, be more and have more in the next 90 days than in any other 90 days period in your life. As Ralph Waldo Emerson said, “Do the thing and you will have the power.”

Topics that are covered in this workshop:

- 1) Self Analysis;
- 2) Goal Setting;
- 3) Action Planning Process;
- 4) Mind Mastery;
- 5) Emotional Management; and
- 6) 90-Day Challenge

Workshop Fees:

Special workshop rate for Dover Court International School Students: SGD295 per participants. (Normal Workshop rate is SGD595 per participants)

Details of Workshop:

Dates: 30 October (first session) and 8 November (second session)

Time: 2pm to 5pm

Venue: Dover Court International School.

Where to sign-up:



<https://twfdovercourt.peatix.com/>

About Trainer:

Robin is a personal development coach who is passionate about making a difference in the lives of others and towards the betterment of their lives. He specialised in stress management and resilience training. Robin has also studied positive psychology coaching under Dr Robert Biswas-Diener, and meditation with Vikas Malkani. Robin has been coaching people on stress and emotional management, as well as leadership. He has also been teaching and guiding private clients in non-religious and result-based meditation techniques.

In his other work, Robin is involved in various projects and opportunities in Bhutan involving the preservation and conservation of the Kingdom's rich cultural and heritage materials, as well as social movements, like Ana by Karma, that focuses on empowering and helping to improve the lives of the people in general. He believes that the purpose in life is not self-centered but others centered. It is only through living others centered lives will we find fulfillment.



www.robinliuasia.com