



## Flourishing at Work with Positive Psychology Registration Form

### About the Workshop

Positive psychology is the study of optimal functioning and applies the knowledge and tools to help people and organisations flourish. This workshop aims to provide participants a positive psychology-based, structured approach to use their strengths and talents to achieve a more productive, fulfilling and happy life.

### Key Topics

- \* Discover what is preventing you from achieving your potential
- \* Weaken your mental saboteurs and achieve greater success
- \* Do you have a warrior or victim mindset?
- \* Energise yourself at work by enhancing the 5 elements
- \* Techniques to boost positive emotions & happiness
- \* Strengthening mental resilience to overcome work challenges
- \* Rejuvenate your passion at work
- \* Deploy your strengths and increase your value-add
- \* 5 practical ways to build good work relationships
- \* Practice positive communication to build trust & understanding
- \* Discover the purpose & impact of your work and accomplish more

### The Speaker – Mr Koh Thong Joo

Koh Thong Joo is a business practitioner with more than 23 years of industry experience working in MNCs, stat boards, SMEs, public-listed companies and corporate training. During his career, he has spearheaded various portfolios, including sales & marketing, business development, strategic planning and corporate training. Thong Joo specialises in providing training in the area of sales, managerial and leadership skills, applied psychology, presentation skills, creative problem-solving and service excellence.

**Who Should Attend** Anyone who desires to develop practical skills and tools to achieve greater success at work, as well as managers and HR practitioners involved in developing/coaching others.

<b>Date:</b> 12 July 2024, Friday	<b>Course Fees:</b> \$398 per participant (Includes Handouts, Lunch & Refreshments)
<b>Time:</b> 9.00am to 5.00pm (Registration starts at 8.45am)	<b>To register:</b> Email your registration forms to us or register online.
<b>Workshop Venue:</b> Carlton Hotel 76 Bras Basah Road Singapore 189558	960 Dunearn Road, #06-25, Singapore 589486 Tel: 6293 9068 Email: <a href="mailto:info@kcacademy.com.sg">info@kcacademy.com.sg</a> Website: <a href="http://www.kcacademy.com.sg">www.kcacademy.com.sg</a>  <b>Payment Details:</b> Payment by bank transfer or PayNow Corporate (UEN no. 201100115H) before commencement of workshop

Participant 1:	Name:	
	Email:	Designation:
Participant 2:	Name:	
	Email:	Designation:
Contact Person: (If different from above)	Name:	
	Email:	Designation:
Company Name:		
Company Address:		
UEN No:	Tel:	Fax:

Upon receipt of registration, any cancellation must be confirmed in writing, and will be subject to a 10% administrative charge. If notice of cancellation is received less than 5 working days before the course date, or if participant fails to show, participants will be invoiced for the full fee. However, substitutes will be allowed. KC Academy Pte Ltd reserves the right to cancel/postpone the event or change the venue/date/time of the workshop in view of unforeseen circumstances.