

PERSONAL GROWTH WORKSHOP (PG)

- Getting to know Yourself -

Class starts
in 2014

DATE	TIME	VENUE	FEE
Every Thursday	2:00 – 5:00pm (3 Hours)	Oikos Training Room	RM 300

Content

- Remembering the Past You
 - In Sandplay
 - In Drawing
 - In Family of Origin
- Facing the Present You
 - Your emotion
 - Your personality

Objectives

- Gaining deeper understanding of self and personality
- Gaining awareness in individual emotion, struggles and growth
- Developing potential within self

*It Began
from Our* **HEARTS**



Oikos
Counseling
家游辅导

Organized by
Oikos
Counseling

TRAINERS

Dr Tan Kui Chin

Principal Counselor of Oikos Counseling
PhD in Counseling
Registered counselor

Miss Cheong Jun Li

BSc (Hons) Psychology

**FOR MORE
INFORMATION,
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