

PROGRAMME MENU



December 2020 – December 2021

MARRIAGE

T **Secrets to a Thriving Marriage**
Keys to romance and intimacy with your spouse

What often prevents us from baring it all to our spouse is the fear or lack of know-how in articulating our innermost needs, hopes and desires for our marriage. Acquire time-tested practical wisdom for a candid insight into what can further enhance your marital relationship.

W **Virtual Date Night (Online only)**
Celebrating fresh love, hot romance and strong marriage

Life can become tedious, and relationships boring. But allowing a little fun and excitement can liven up your marriage, and strengthen your commitment as husband and wife. Join us for a night of romantic connection and meaningful conversation!

WORK-LIFE

T **Work-Life Success in the New Norm**
Bringing your best to work and home

As the world continues to change, so does the definition and form of work, and what it means for our livelihood and lifestyle. Rediscover the meaning of work and significance of life, as you gain tools for managing work and personal commitments and goals.

T **Leadership Excellence at Work and Home**
Worklife success for working parents

Excellent practices at the workplace will positively impact the home, and vice versa. How can we navigate life at work and outside of work, when boundaries between the office and home get blurred? Identify your work-life needs and styles, and acquire structures for work-life excellence.

PARENT-CHILD

W **Talk About... Anything**
Safe space and candid conversations for parent and tween (aged 10-12)

Finding it challenging to get through to your blossoming teenager? Are you able to get to the heart of the matter, or to matters of the heart? Here's an opportunity to have facilitated, real-time, honest conversations with your pre-teen on media and technology, stress and emotions, love and sex, growing up and relationships, life in general or anything that matters!

T **Talks:** Onsite or Online

W **Workshops:** Onsite only, unless otherwise stated

PARENTING

T **Raising Future-Ready Kids: School Readiness & Social Intelligence** *Giving them a headstart for primary/secondary school*

Transitions are part and parcel of life, but how can we prepare our child for them? Understand your child's changing world and learn how you can equip your child holistically to embrace change and adapt to a new environment.

T **Raising Future-Ready Kids: Relational Health & Sexual Intelligence** *Parental guidance on talking to kids about sex*

Talking about sex can be one of the most daunting tasks for parents, especially if we never had the subject broached with us when growing up. How can we confidently discuss healthy sexuality, love and relationships with our children? Discover how you can help your child make wise decisions from young for their body and in their relationships.

T **Raising Future-Ready Kids: Media Literacy & Digital Intelligence** *Parenting in a digital age*

Raising digital natives requires a different set of parenting skills. Learn how to connect with your child through technology and collaborate with them on setting effective boundaries, managing media consumption and nurturing healthy expectations amidst culture.

T **Raising Future-Ready Kids: Mental & Emotional Resilience** *Building B.O.U.N.C.E for the bumps in life*

Life brings with it the inevitable challenges that can sometimes threaten to derail our child. How can we nurture our child's psychological resilience to better manage stress? Be empowered to emotionally coach your child towards a positive and healthy attitude for learning and living!

W **The ParentEd Dialogues** *Personalised parenting for your unique child*

More than a workshop that dispenses good parenting notes and expert advice, the dialogues promise candid sharing and stimulating conversations among likeminded sojourners on the parenting journey. It's a great place to acquire timeless principles, priceless perspectives and practical tools for informed, involved and intentional parenting!

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W **Workshops:** Onsite only, unless otherwise stated

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