

# Empowerment Through Choice Workshop



**Sessions:**

**Empowerment Through Choice  
Workshop**

10 Oct, 2pm – 3:30pm, Infuse Theatre

Join this eye-opening workshop to learn the fundamental principles of Choice Theory Reality Therapy (CTRT) and how you can apply them in your life, relationships and workplace. This workshop is organised by our very own Wellness Ambassadors who are passionate to share what they have learnt so that others may experience the benefits of this healing modality.

**REGISTER HERE**