

Empowerment Through Choice Workshop

10 Oct, 2pm - 3:30pm @ Infuse
Theatre, L14 Connexis South, FP1



Join this insightful workshop to explore the core principles of Lead Management from Choice Theory Reality Therapy concepts (CTRT-LM). Gain a better understanding human behavior and how to make effective life choices to create more fulfilling relationships and personal wellbeing.

Led by our trained Wellness Ambassadors, this session provides an opportunity to explore the transformative benefits of Choice Theory Reality Therapy. Participants will learn how to take control of their actions and emotions, fostering personal growth, self-discovery, and mindful decision-making in a supportive environment.

[Book a Session](#)



Our dedicated team of Wellness Ambassadors, who organised this workshop, completed the Intensive 3-day Choice Theory Reality Therapy (CTRT) course earlier this year. With their passion for holistic healing and personal growth, they are excited to share the empowering insights gained from this training to help others on their journey towards strengthening relationships, supporting others, and making more effective life decisions.



Foo Shui Yen (DTID), Suhaila Binte Mohamad Zan (BMRC), Dakshani Selvakumar (EDDC), Geetha Kathirasan (Legal), Viknesvaran Selvarajan (BTI), Chen Sixun (BTI), Ho Soo Yei (EDDC), James David Nobbs (ISCE2), Kunal Ahluwalia (ARTC)

As part of the social aspect of Sustainability Month, we dedicate a week of activities that bolster wellbeing, to remind us to care for ourselves so we can go the distance and be there for A*STAR and family. The A*STAR Mental Health & Wellness Week is co-organised by SpIA OSH and Infuse in celebration of World Mental Health Day held on 10 October.

