



ST CATHERINE'S BRITISH SCHOOL

PTSA

Hi All,

Our wellbeing series continues this week with our Values workshops. There are a few spots remaining on **Wednesday's session** (12th April 6.30-8pm). [Please click here to sign up.](#)

Please also see below a short description of this interactive workshop and our fantastic speaker Konstantina Kanaroglou! [For more details click here.](#)

Are you living a fulfilled life? Your values impact your wellbeing.

They serve as a compass to determine what is meaningful and purposeful in your life.

Decision-making becomes easier once you fully understand your unique values and their importance to you, they become your "north star" leading & guiding who you are and who you are becoming. When we honour who we are and who we are consciously choosing to be, there is no right or wrong when it comes to your own fulfilment. Better understanding your values aligns your direction and life purpose.

In this 90 minute webinar:

- Discover and explore your values
- What does balance look like in your life?
- Become aware of self limiting beliefs

*Some tips to make the most of this workshop:

- Kindly be in privacy for the duration of 90mins
- Be present (driving or walking, multi-tasking will be distracting to you & the other participants)
- Please join on time! (Due to the nature of the workshop we will be unable to accept participants once the workshop has begun)

Kind regards,
The PTSA Team

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