



ST CATHERINE'S BRITISH SCHOOL

PTSA

Dear St. Catherine's Community,

Our Wellbeing Speaker Series kicks off on Monday with our **"Wellbeing, Fulfilment & The Power of Gratitude Workshop"**.

In this workshop, we will examine the factors that contribute to our happiness & emotional wellbeing and how we can all live a more fulfilled life!

The workshop is experiential and is based on the book of **Sophia Klotsa** 'The Decision to be happy'. We will use the Points of You® methodology and tools.

A cornerstone of this method is the interaction between the right brain, the intuitive and emotional half of the brain, and the left brain, focused on logic and analysis. This occurs when we look at a photograph and a word at the same time. The simultaneous stimulation of the two brain hemispheres creates a struggle between the emotional and the rational, momentarily "shorting out" the vigilant defence mechanisms of our mind. This "deliberate confusion" gives the mind a short respite from our preconceived ideas on how things "should" or "ought" to be, and allows our mind to open up to new places inside ourselves, shifting our point of view.

We will run this session twice: on Monday 5th April 10-11:30am and on Wednesday 7th April 6:30-8pm.

[Join Zoom Meeting](#)

Meeting ID: 821 1574 3123

Passcode: 644394

Note: same zoom details for both sessions.



Sophia Klotsa has an MSc in Counselling Psychology and Family Therapy, an MSc in Communications and an MBA in Leadership from Boston University. She is a Psychologist, a Life and Business Coach, an international speaker and author, a Certified Parent & Teacher Trainer (PET, TET), a Certified MBTI Personality Analysis & Career Orientation Counsellor, a Certified Expert Trainer, Level 3 (L3) on Points of You (POY), and a Certified Coach on «The Science of Wellbeing & Happiness», from Yale University.

We look forward to seeing you online.
Keep well and safe!

Kind regards.
The PTSA Team

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