
LIGHT AND BRILLIANCE

REASONS TO SEEK HELP

- Discover personal strengths and values
- Boost your current performance
- Be happy, find satisfaction and flourish
- Make decisions with purpose and meaning
- Transition and adapt to changes
- Set attainable goals
- Manage time to increase productivity
- Learn emotional-social intelligence
- Confront and overcome adversity
- Create and nurture quality relationships
- Learn the role of optimism in wellness and well-being
- Integrate work and family life
- Balance all life dimensions
- Stress management
- Control the anxious mind
- Effective communication
- Build trust
- Conflict resolution
- Resilience to keep forward
- Change the world within
- The art of setting priorities
- Trans-generational practices and behaviors
- Foster forgiveness as a way of life
- Spiritual nurturing
- Grow towards spiritual maturity
- Meditation and mindfulness exercises