

# LIGHTBEARERS

**Every organization can benefit from their employees and leaders becoming bigger, better, faster, more. How do we achieve this at the same time not drive employees towards burn-out?**

***Welcome to Wellness for Performance.***

**A breakthrough leadership series of talks, workshops and individual coaching based on enhancing self-awareness, mindfulness and emotional management to unlock performance AND wellness.**

## **2-hour Interactive Workshop on "Thriving amidst Change, Reconnecting with Purpose"**

- What is behind the sense of restlessness and non-fulfillment that begins to plague us at some point in life?
- What is behind the conflict between how we'd like to feel about our jobs and what we actually feel?
- Learn about what's standing in the way of authenticity and fulfillment at work, and personal strategies that can help us recover and rejuvenate ourselves.

## **1.5 hrs Interactive Talk on Emotional Wellness for Workplace Resilience**

- Learn about emotional awareness and its relationship with our energy and capacity.
- Find out common sources of inner conflict and external conflict that creates fatigue and capacity drain in self and others.
- Learn insights and strategies to enhance mental and emotional resilience.

## **1.5 hrs Interactive Talk on Thriving in a High Stress Environment**

- Find out common triggers and unconscious behaviors that contribute to stress.
- Find out how toxic cultures are formed and how to prevent them.

LIGHTBEARERS. BRINGING CLARITY, WELLNESS & TRANSFORMATION.

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- Learn to spot burn-out in self and others, and how to help
- Strategies to create safe and positive space to support self and others in the workplace.

## **1.5 hrs Interactive Talk on "Gift to Grow - Self-awareness & Communication"**

- Learn about the different levels of communication and how they impact success
- Discover what prevents effective communication and tips to overcome them
- Discover ways to enhance our emotional resilience and to arrive at courage to express ourselves

## **1.5 hrs Interactive Talk on "Authentic Communication for Effective Collaboration"**

- Learn about what motivates people and how our behaviours shape our environment and systems
- Learn about common coping mechanisms, how they are formed and how they impact us and our interactions with others
- Sources of stress when entering new environments
- Common coping mechanisms and their impact on our work relationship

## **1.5 hours Interactive Talk on "Thriving in a Multi-generational Workplace"**

- Understand the narratives and motivations of each generation and how they influence values and expectations
- Develop awareness of common triggers that impact inter-personal relationships and create barriers to communication
- Discover the tools for overcoming these barriers to thrive in diverse environments

Contact: [CoachCarrie@Lbinc.co](mailto:CoachCarrie@Lbinc.co) for rates and availability. Talks available in both English and Mandarin.

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## “光亮使者” 心灵导航疗愈间

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**Carrie** 陈澹敏是一名心灵导航师、情感修复导师、社会企业家、政治家、慈善家和社会影响家。

2015 年 11 月，**Carrie** 来自东南亚青年领袖计划的 500 名青年领袖中脱颖而出，作为代表在吉隆坡市政厅介绍奥巴马总统。2016 年，她被奥巴马总统在白宫提起并引用，且在新加坡国际青年商会颁发的“十大杰出青年奖”中被授予儿童、世界和平与人权奖项。

过去 10 年，**Carrie** 在新加坡创建了两家慈善机构，帮助弱势家庭搭建自信和谋生机会，争取社会提升。从 2020 年开始，**Carrie** 成为了新加坡国会议员，倡导女性发展、心理健康、社区关怀和永续生活理念。

她的事业专注人类心灵意识提升，今年开始提倡地球生态疗愈。她的社会工作包括到冲突不断、两极分化的地方在大学中发表演讲，分享自身其在社会行动与变革方面的经验，以促进和平和谐的社会变革。

2021 年，**Carrie** 创办了“光亮使者”心灵导航工作室，其学生与客户包括于 ICF 认证的大师教练、网红、风投与企业、商界与政界领导人和专业领导人，来自不同的宗教与文化背景。她也在各地提供自我意识领导、情绪意识和内心掌控课题方面的演讲、指导和培训。许多人在他们与 **Carrie** 的自我修行之旅和疗愈过程中发掘了庞大的个人内心力量和潜力，也学习到如何创造更强大、光亮人生的自我领导之道。

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