

LIGHTBEARERS

Self-Love Recovery Program

Do you take on too much, struggle to say no, and wonder how to advance further in life, love and career when you already feel overwhelmed and burnt out?

Do you suffer from self-doubt, imposter syndrome, and find yourself saying no to opportunities because you lack the confidence that you can indeed make it?

Do you sell yourself short, struggle to get fair recognition, value or appreciation for your efforts?

If you say YES to any one or more of the above,

welcome to breakthrough transformation techniques from Lightbearers. Backed by neuroscience, transform yourself and your outcomes with the power of AWARENESS, CHOICE-MAKING and MINDFULNESS in the **SELF-LOVE RECOVERY PROGRAM with Coach Carrie.**

- Free yourself from unconscious belief patterns and recover energy and capacity to take you closer to your goals and growth.
- Break free from emotional triggers and watch your relationships and results transform.
- Upgrade yourself from “doing” to “being” and grow in positive influence on people around you with authenticity and effortlessly.
- Experience deep compassion and self-love that extends naturally to those in your life through experiencing your own deep human.

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The program consists of 5 components over 6 months:

- (I) 5 sessions of private 1-to-1 coaching session in-person or online with Coach Carrie to surface root wounds, identify triggers and unconscious sabotage cycles for release and transformation.
- (II) Inner Voices Module – understand the different inner voices and how they drive/control your thoughts, emotions, perceptions and choices.
- (III) Discernment Cultivation – acquire techniques to strengthen your mental focus and develop everyday clarity to combat triggers and self-sabotage.
- (IV) Illumination and Choice-making – understand your own formative conditioning and apply active choice with re-habituating techniques to create an expanded, constructive and desired new you.

Throughout this program, you will have

- Whatsapp support, prompts and guidance from Coach Carrie
- Individualized homework, exercises and contemplations tips

Your commitment:

- Attending sessions on time and completing assignments (~ 1-2 hours a week).
- Carving out intentional time for self-reflection and contemplation (starting with 10 minutes a day)

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Total 8 sessions over 6 months.

Advance Program: "Whispers of the Heart"

(For those who desire to achieve their fullest potential and assessed to be ready.)

Alignment with Higher Self & Faith Nurturance

Understand the principles and mechanics of unlocking "Flow".
Experiencing being in Flow. What are "Miracles".

Understanding Manifestation

Learn the principles of Manifestation, common misconceptions and pitfalls, how to spot them.

Get guided support for discovering soul purpose and alignment for maximum support from the Universe.

(7 additional sessions with 1 year's support)

Coach Carrie's English and Chinese bio below.

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Transformative coach and healer, change-maker, entrepreneur, culture-shifter.

A healing coach to master and ICF-certified coaches, performance coaches, influencers, venture capitalists, public sector leaders, change-makers and entrepreneurs, Carrie has effected positive transformation in individuals, teams and organizations, connecting thousands of people to meaning, purpose and growth.

In Nov 2015, Carrie was selected from amongst 500 young leaders in the region from the Young Southeast Asian Leaders Initiative to introduce President Obama at Town Hall in Kuala Lumpur. In 2016, she was mentioned and quoted by President Obama in the White House, and awarded Honoree for the Children, World Peace and Human Rights category in the Ten Outstanding Young Persons Award by Junior Chambers International in Singapore.

For her humanitarian service, Carrie founded two charitable organizations in Singapore enabling individuals towards social mobility. Carrie is a Member of Parliament in Singapore since 2020. She champions women's development, mental wellness, social mobility and community care. She speaks, writes, coaches and trains on self-awareness, self-leadership, authentic communication, emotional awareness, inner mastery, and contributes regularly at leadership, philanthropy and policy conferences.

Currently, she speaks regularly in cities plagued with conflict and polarization to share her experience in social activism and change-making to forge harmonious and collaborative social change.

Her transformation practice – “Lightbearers” brings light, learning and healing to individuals, communities and systems. She uses Compassionate Inquiry, mindfulness, somatic and intuitive practices to connect individuals with their inner awareness for self-healing. Her clients come from various religions and cultures and many have discovered a deeper connection to peace, wisdom and fulfilment through their selfwork|journeys with Carrie.

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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。祖籍来自潮汕的她，也是新加坡潮州八邑会馆的名誉顾问。

她的事业专注人类心灵意识提升，2024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进步与发展。

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。