

handling **Life**

a new talk series sharing christian perspectives

Register **today**

Reshape your Self in difficult times

Ever needed to make changes about yourself and found it difficult, even near-impossible? Have you ever wondered who you really are when life hangs by a thread? Who is your real self? What makes you tick—your likes, dislikes, strengths/weaknesses—and how you became the person you are today? This talk series explores these questions and more, like root causes and consequences when life takes a wrong turn. Learn how it can affect our self image/worth, why we become angry and how to manage conflict and tricky situations. Discover what you can do to motivate yourself and move on in life despite trying circumstances surrounding you. Register today—places limited!

4 weekly evening sessions

Commencing:

6 May 10

Every Thursday

▪ 7.30pm – 9.30pm

Cost: \$50 (for all 4 sessions)

Venue: 1 Tanjong Pagar, 1 flr Fairfield Hall (Fairfield Methodist Church)

- Each participant will receive a FREE copy of the book — FOC: Freedom of Choice, Hardcover Collectors' Limited Edition (retail price: \$140.00)
- Make cheque payable to: LIBERTY LEAGUE PTE LTD

Topics:

- May 6: Roots & Fruits: Life's Wrongs & Its Consequences
- May 13: Self Image & Worth: How You See & Value Yourself
- May 20: Anger & Conflict: How To Manage Tricky Situations
- May 27: Self Drive: Motivating Yourself & Moving On

Speakers: ▪ Sandra Moo (Teacher, Equipper & Encourager) ▪ V Mohan (Trainer & Facilitator) ▪ Perry Lee (Lecturer & Counsellor) ▪ Elizabeth William (Counsellor & Pastoral Staff) ▪ Dr Teoh Chin Sim, MBBS (Sports Medicine Consultant & Entrepreneur)

Featuring diverse perspectives including psychological, physiological, sociological, spiritual & christian viewpoints.



Organised by: **Liberty League**

Register

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