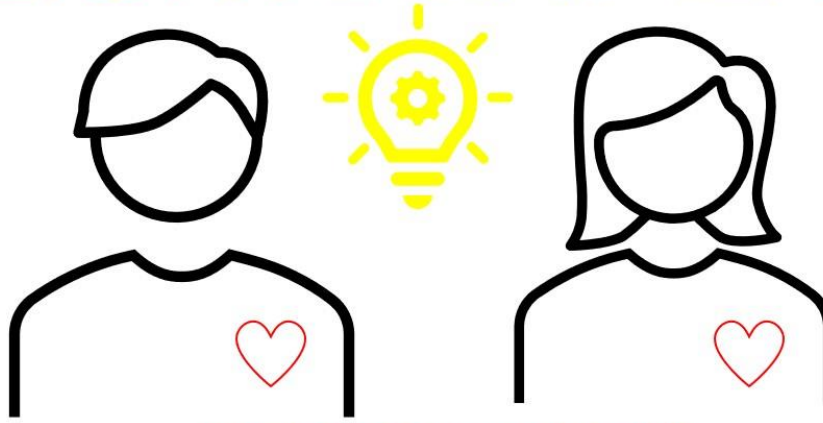


LIGHTBEARERS



**"Illuminating Me for Love & Family"
Self-awareness Workshop
17 Dec 2022, 7-10pm**

- Do you desire to have a family but feel conflicted about what it means for your career ambitions?
- Are you already married and would like to have less conflict and more connection with your partner?
- Are you divorced and would like to be more successful in your next romance?

Find out what are the factors taking away the fulfillment and connection you wish to have with your loved ones. Shine light on the inner workings of your mind and gain the freedom and power to create the LOVE you want.

This class is suitable for singles, married, divorced, men and women.

Highly recommended for parents with young children.



This workshop will help you:

- Identify your values and beliefs around "love" and "family".
- Gain awareness of what has shaped them and to free yourself.
- Become a better spouse/partner and parent.
- Develop strategies to practice in your life to build your confidence for the love and future you wish to have.

This is a small workshop for 15pax only, conducted personally by Coach Carrie.

To sign up, fill in this form <https://forms.gle/ueZGWpQ9dm6XDQDZ9>

and **PayLah/PayNow SGD198** to Workshop Coordinator Alice Ng at Mobile No.: **9183 3903**.

Do send a WhatsApp text to Alice after making payment for us to check and confirm your seat.

About Coach Carrie:

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

A change-maker and coach to master 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.



Carrie founded two charitable organizations in Singapore enabling individuals towards social mobility. Her leadership of Daughters Of Tomorrow led to it being awarded the Most Investment-worthy Social Enterprise by the Asian Centre for Social Entrepreneurship & Philanthropy (ACSEP) under National University of Singapore in 2015.

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.

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, change-making and contributes regularly at leadership, philanthropy and policy conferences.

Her transformation practice – "Lightbearers" brings light, learning and healing to individuals, communities and systems.