

# LIGHTBEARERS

## **“THE LOOKING GLASS” Self-awareness Elevation Program for Leaders**

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

**Welcome to breakthrough leadership – performance AND wellness.  
The gateway to this is consciousness elevation.**

**This program is for up to 30 pax, consisting of a series of 4 workshops. Each workshop is 3 hours. Topics covered include:**

### **Authentic Communication for Personal Effectiveness**

- Find out what’s in the way of effective communication between individuals
- Learn about common triggers and trigger responses in individuals.
- Find out what causes burn-outs and how toxic cultures are formed and how to prevent them.
- Learn about self-awareness and how it impacts individuals and teams at the workplace.
- Strategies to create safe space for communicating authentically in your life and communities.

### **Self-awareness to Enhance Personal Capacity**

- 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 for maintaining emotional hygiene to enhance personal energy and relationships.

### **Discover and Dismantle Inner Barriers**

- Discover how our mind works and the personal and collective narratives shaping our beliefs.
- Learn about the common operating personas layered over our authentic selves and how to discover our true self and purpose.

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- Discover what stands in the way of change-making in our operating systems and learn how to shift team and org culture.

## **Stepping into Personal Power for Breakthroughs**

- Discover the common stories, beliefs that run our subconscious minds, creating limits to the possibilities we perceive in life.
- Learn about the common unconscious sabotages that stand in the way of a fulfilled life, relationships, career.
- Learn the steps to reshape our own beliefs and lives to create more possibilities, joy and fulfilment.

## **About Coach Carrie**



**Transformation & healing coach, 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 is a graduate and alumni of National University of Singapore, as well as Lee Kuan Yew School of Public Policy with a Master degree in Public Administration.**

**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.**

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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.

Contact: [CoachCarrie@Lbinc.co](mailto:CoachCarrie@Lbinc.co)