



Christine Kritzas, M.A. (South Africa)
COUNSELLING PSYCHOLOGIST

Christine Kritzas is a Counselling Psychologist and is committed to exploring and developing every person's individuality and unique potential in a collaborative therapeutic relationship. With over eight years of experience as a practicing Psychologist, she has worked extensively with children and families in distress. Christine is also the creator of the Smart Heart Board Game® - a board game that aims at facilitating emotional expression in children.

Val-YOU 2017

Tuesday, November 21st, 2017, 9am – 12pm

A WORKSHOP OF SELF-EXPRESSION, INNER-EXPLORATION
& CREATION OF YOUR VERY OWN VISION BOARD

Suitable for Adults (20 yrs+)

"Vision boards absolutely work; you have to have a vision & a plan to execute so that every step moves you in that vision." – Oprah

- Participants of this workshop will learn how to **identify their visions, reinforce daily affirmations** and manifest their **life goals**.
- Participants will be encouraged to **express themselves through art, explore exciting possibilities** for their future & **create** their unique **vision boards**.
- This workshop will focus on enhancing **self-awareness** regarding **internal values, interests & unique strengths**.
- **Aligning values with visions** will be a key outcome of this workshop.

CONTACT US

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RESERVATIONS: events@lighthousearabia.com

PAYMENT: AED 395 per person. Includes materials for creating your own vision board on the day!

LOCATION: The LightHouse - Center for Wellbeing. For directions please visit our website lighthousearabia.com/contact

***Complimentary Valet Parking is available.**



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THE LIGHTHOUSE
CENTER FOR WELLBEING