



Christine Kritzas, M.A. (South Africa)

PSYCHOLOGIST

Christine Kritzas is a 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.



ONLINE WORKSHOP

Val-YOU 2021

A VISION BOARD WORKSHOP:

Materializing Your Dreams Through Visualization

A 2-Part Workshop: For Adults (18 yrs+) & families to do together

Date: Sat. January 16th & Sat. February 6th **Time:** 11am – 1pm

Investment: 220 AED/person

Participants will walk away from this experience with:

- A visual expression of their goals and dreams in the form of a vision board
- Strategies to live their lives authentically, full of value and on purpose
- Practical tools to start actioning their goals, starting today

PART 1 (Sat. January 16th)

- Reinforce daily affirmations and manifest life goals.
- Be encouraged to practice self-expression through art, explore exciting possibilities for your future and create your unique vision board.
- Learn ways to silence your inner critic, which can get in the way of making progress on your goals and dreams.
- Understand your own blocks to achieving greatness, and plan ahead for addressing obstacles along your path to success.

PART 2 (Sat. February 6th)

- Participants will explore the obstacles which stand in the way of them achieving their life goals.
- Participants will learn how to step outside their comfort zone, take risks and pursue the goals laid out on their vision boards.
- Participants will learn how to act on their goals and values, rather than simply profess them.
- Participants will walk away with knowing how to live their lives by design, not by default.



"Christine has such a wonderful presence and gives everyone a comfortable space to share. This workshop was very practical and enlightening." - **Ananya**

"Very useful and full day of evidence-based practice. Life transforming, encourages inner reflection and empowerment." - **Anonymous**

★★★★★



THE LIGHTHOUSE

CENTER FOR WELLBEING

lighthousearabia.com

RESERVATIONS: lighthousearabia.com/events

LOCATION: This is an online workshop. A link to the Zoom meeting will be sent following event registration/payment.