

PRE- EVENT DETAILS
2021-22

Event Name: Tools for Effective Living

Name of the Forum: Life Enrichment Centre

Date: 22nd November to 24th November, 2021

Time: 11:30am – 1:30pm

Venue: Ms Teams

Description: Over 3 sessions we will cover how we can utilize our time, energy and mental capabilities to its optimum level and achieve a productive and effective life outcomes in all areas of life. Topics like, power of discipline and focus, procrastination and time management will be covered as tools to develop strong positive habits.