



# You are Invited

To spend a day in the midst of crafts and art activities as you are guided to take stock, gain new insights, gather fresh ideas, and hopefully feel empowered & energised.

## informed by ideas from ...

- Unleashing the Power of Perceptual Change by Caine & Caine
- Art Therapy
- Personal Mastery
- 7 Habits
- Viktor Frankl
- Appreciative Inquiry
- A Simpler Way by Margaret Wheatley

## involves ...

- crafts and art activities
- meaningful conversations
- introduction to different frameworks
- a relaxed atmosphere, an inviting ambience (see [www.pauseability.com.sg](http://www.pauseability.com.sg))
- small group size of no more than 10

## includes ...

- all craft materials
- materials & notes to create a journal
- refreshments

## ideal for you if you are ...

- seeking a time of renewal
- a leader looking for fresh perspectives
- exploring the creative process

Facilitator : **Moses Sia**

*MEd, Educator with 15 years of experience, Still learning  
CEO (Curator, Explorer, Orchestrator)*

Cost : **\$240 only**

Happening every Wednesday, 9 am to 5 pm at Pauseability (Blk 125 Toa Payoh)

Write today to [pauseability@gmail.com](mailto:pauseability@gmail.com) or call **97909792** to register or for more details