

## Even Eagles Need a Push By Mr. Jeffrey Goh

*This talk is aimed at motivating ourselves and others as to how to be confident and empowered to be successful in life. The analogy is that baby eagles (eaglets) have to be pushed out of their comfortable nests by their parents so that they can learn to fly and look after themselves when they are ready to be on their own.*

*The 5 qualities of a confident, empowered person are:*

- (1) VISION
- (2) PURPOSE
- (3) COMMITMENT
- (4) CONTRIBUTION
- (5) SELF APPRECIATION

*Each quality will be taught with lots of stories and the use of DVDs*

*Participants and their children will learn how to appreciate themselves, cast vision for their future, understand the purpose for why they were born, to be committed in their studies, work and relationships and to make a contribution to their family, organisation and country.*



***Speaker's Profile:** Jeffrey Goh was an ex-teacher and a retired SAF Officer. He is also a regular trainer in the Institute of Public Administration, a training institute for Civil Servants. He is a Certified Trainer for the "Who Moved My Cheese?" and "Fish Philosophy" programme. He was certified in the USA and is currently a Management Trainer cum University Lecturer.*

### PARENTING WORKSHOP

Date : 24<sup>th</sup> January 2015 (Saturday)

Time : 8.30 am to 12nn

Venue : AVA Room (Level 5)

For registration and more details, kindly contact CTP FMS Coordinator, Mrs Theresa Ng at 90463671 and email address is seekng@singnet.com.sg.

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Parents were listening attentively .....

The trainer was sharing his experience.



**VISION**  
[ Where Am I Going ]

- Create Your Future
- Have Dreams and Set Ideals
- Take Charge of Your Life

**COMMITMENT**  
[ How Should I Discharge My Responsibility ]

- Develop Good Habits
- Start Well, Finish Well
- Keep Improving

**Self-Appreciation**  
[ Who Am I? ]

- Awareness of Limiting Beliefs
- Developing Self-Respect and Dignity
- Overcoming Challenges

E + R = O

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# *The participants and the trainer, Mr. Jeffrey Goh*



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