

## 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.

<u>Speaker's Profile</u>: 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: 24th 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.

Supported by:

Jointly organised by:







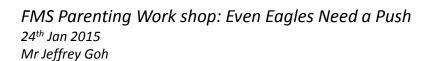
Parents were listening attentively .....

The trainer was sharing his experience.











Supported by:

Jointly organised by:







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



Supported by:

Jointly organised by:





