

Date : 31 August 2023 (Thursday)
Time : 2.30pm to 3.30pm
Venue : TLL Auditorium

Resilience: Moving Beyond Setbacks in Life

Synopsis

Why do some people bounce back from life difficulties while others crumble under adversity? The individuals who thrive and bounce back from life difficulties, are using the skills of resilience. Resilience, which is the ability to adapt well to adversity or setbacks, is critical to the emotional wellbeing, success and mental health of individuals.

The following areas will be discussed:

- What is resilience?
- What are my signature strengths?
- How can I develop positive thought patterns?
- Do "failures" define me?
- How can I reframe negative events?

About the Speaker



Joy Hou
Registered Psychologist, EmpathyWorks Psychological Wellness

Joy Hou is a Registered Psychologist and Founder of EmpathyWorks Psychological Wellness. With a special interest in the mental and emotional well-being of individuals, she speaks in schools and corporate organizations, and also provides counselling services for individuals who seek emotional and psychological support.

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