

## Believe In Yourself! Overcome Your Biggest Challenge!

Creating Life Skills Success from inside out! Unleash your confidence and abilities and master strategies for academic or career success. Develop the correct mindset and let your academic grades or career achievements soar.

**Asian LifeSkills** is dedicated to your personal and academic/career success. If you are in your TEENS (age 13 – 17 years) and YOUNG ADULTS (age 18 – 29 years), this programme is for YOU! Our classes help both teens and young adults to excel both inside & outside the classroom/workplace.

**Asian LifeSkills** empowers you with SUCCESS SKILLS, a phenomenon that takes place in people's lives when their personal interaction with the world transforms to radiance!

Over at **Asian LifeSkills**, you will experience a transformation, a shift in you as a person. You will be more aware and awake in your life. You will be more "in touch" with your dreams and have the confidence and intention to make them real.

Experience SUCCESS SKILLS with **Asian LifeSkills**, a meaningful success, a whole-life success!

Let us provide you with lifelong learning that inspires and transforms.

You will get, NOT ONE but a team of industry experts, each specialising in the respective Life Skills topics, bringing you the best results. Our dynamic facilitators combine explosive and effective methods of coaching, accelerating your success into one approach that will get you moving.

Let our trainers detoxify your thoughts. Learn how to create a life plan that will move you towards achieving the goals you have set in life. Experience this programme at its best and Be the Leader of Tomorrow!



**Start Setting Goals For Yourself  
And  
See It Happen!**

*"Give a man a fish;  
you have fed him for today.  
Teach a man to fish;  
and you have fed him  
for a lifetime"*

- Lao Tzu

## About Asian LifeSkills

**Asian LifeSkills** is a learning community hub for people from all walks of life in Asia. We offer more than 100 courses of skills training and higher education to corporate, youth and social groups. The list of courses is increasing every day. At **Asian LifeSkills**, we select and present our courses with passion and purpose. Our passion is training and education, and our purpose is to awaken in our members a sense of the New Asian identity, and of each individual's privilege to live a more meaningful life.

Our home is in Asia, and we take pride in being part of the progress around us. While we guard our performance standards with well proven Asian values, we set our sights on global trends. Our people are both local and international, and we build our reputation by respecting cultural values across all boundaries.

Based in Singapore, with growing branches all around the region, **Asian LifeSkills** challenges the people who wish to advance themselves in various fields, for academic or career pursuits. Our offices provide professional training and educational courses to benefit those who aim to enrich their knowledge, enhance skill abilities and improve quality of life.

## Our LifeSkills Trainers



Mr. David Goldwich



Ms. Guinevere Ho



Dr. Allen Teh



Mr. John Sih



Ms. Merry Riana



Mr. Ernest Chen



Dr. Balbir Singh



Ms. Shirley Tay



## Contents of SUCCESS SKILLS Programme:

### Believe In Yourself

- Build your self-esteem by recognising that YOU ARE UNIQUE; a key ingredient for success
- What it means to be No. 1!
- Positive Thinking to a good head-start and Positive Believing to a greater success
- Uncovering your magnetic personality and using it to your advantage
- Knowing the importance of both EQ and IQ

### Take Charge Of Your Life

- Knowledge speaks, but wisdom listens. Acquire the Sacred Art of Listening
- Power of Effective Communication Skills
- Identify your Vision and Directions by discovering the life plan
- Discover the secret pleasures of health and mental wellness
- Dress for Success and make an impact to create the Good Impression!
- Learn the crucial aspects of \$\$\$ and take control by knowing the difference between 'wants' and 'needs'

### Team building/Social Networking

- Essence of Ego-centrix and I-centeredness to create team/social awareness
- Team/Social leverage and synergy
- Increase your understanding of various cultural dimensions for better relationships
- Give your mind a double-hemisphere and learn the flexibility to stretch you further
- Having fun with social media

*Additional Bonus if you sign up now:*

**Choice of either A) Academic Success or B) Career Success**

### **Academic Success**

Pressurised by parents and society to do well in school? Entering into the teenage world is fun but being a teen can be tough. Peer pressure as well as study stress can be challenging. Worst, no one seems to understand you and what you are going through.

Pick up lateral techniques from this additional bonus and achieve academic success by learning How To Be A Grade 'A' Student:

- Pick up successful Time Management Skills
- Gain amazing academic success through powerful Exam Strategies
- Boost your Memory Power with our effective note-taking techniques

### **Career Success**

Choosing the job you love and loving the job you choose; be capable of meeting work challenges and be worthy of happiness.

- Embark on a new career or jump-start to a second career
- Do what you love to do and make a difference
- Understanding your own personality traits with amazing results
- Develop People skills
- Using your dominant psychological shape(s) to identify your ideal job
- Are you a good Entrepreneur or Technopreneur?
- Know the difference between a job and a career

***Believe You Can Achieve What You Set Out To Do  
And  
You Can Be A Winner Too!!***

Enrol NOW and watch your dream come true!

Hurry! Space is limited and these classes often fill up quickly!

Let our team of experts craft a NEW you and inspire you to EXCEL!!

**Asian LifeSkills Centre Pte Ltd**

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