



ACADEMY

In Association with Leading  
Universities

# Say Something Nice Workshop

## (1 Day)

This is a one day program on building trust and self worth between couples to enhance their relationships.

### COURSE CONTENTS

#### **1. Helping you Deal with difficult Feelings**

Exploration of what happens to you during childhood will help you to understand why you behave in certain ways. We will share specific skills that help you to recognize and cope with your difficult and negative emotions – disappointment, envy, frustration, resentment, anger etc.

#### **2. Understanding E.Q**

People with high EQ will have more confidence and trust in themselves and will experience more love and joy in their life. Understanding the meaning of joy and happiness without having to wait for things to happen.

#### **3. Engaging Co-operation**

How people react to the usual methods to get them to co-operate: threats, warnings, orders, name-calling, sarcasm, lecturing etc. Strategies to invite co-operation that will leave couple feeling good about themselves and each other.

#### **5. Understanding Emotional Abuse and its impact on your emotional health.**

How people cope with physical or emotional abuse. Going back to primary experiences.

## **6. Praise and Self-Esteem**

An exploration of the kinds of praise that build a positive and realistic self-image and the kinds that do not. A variety of ways to help you become aware of your strengths and inner beauty.

### **Who should attend**

Managers, Executives, Supervisors and entrepreneurs, parents who need to understand basic psychology in raising positive high self-esteem children.

### **Methodology**

This is a practical-oriented workshop using short lectures, group dynamics and experiential exercises focusing on learning in moments of enjoyment. This workshop will be conducted by a practicing therapist sharing her latest clinical, evidence-based knowledge used in treatment.

### **Course Facilitator**

Dr Zaitun Sulaiman (PhD Psychology)

Practising Psychotherapist & Reg. Clinical Hypnotherapist (GHSC 2890)

**Course Fee:** RM4500.00

**For further information please fill up the inquiry form or contact us at 03-42700107 or email: [zaitun@ctawellness.com](mailto:zaitun@ctawellness.com)**