

Letting Go of the Past and Finding my Strengths and Personal Leadership

Synopsis

This short course is designed to help individuals unburden and lift the weight of past negative experiences, discover their inner strengths, and emerge as confident, empowered leaders of their own lives. Through self-reflection, emotional growth, and skill-building, participants will develop greater resilience and personal leadership competencies needed to overcome challenges and achieve their goals.

Learners Outcomes

- Break free of past limitations, including self-imposed ones, and be liberated from emotional baggage and negative thought patterns that hinder progress;
- Develop personal leadership by cultivating the confidence and skills, and embark on a transformative journey of release and empowerment;
- Strengthen resilience through acquiring practicable and sustainable coping strategies to manage stress and bounce back from setbacks;
- Achieve meaningful goals by setting and pursuing aims and intents that are aligned with your purpose, ambition, and aspiration.

Facilitator's Credentials

Dr Jessica Leong

- PhD in Counselling Psychology (Australia)
- MA in Counselling (United Kingdom)
- MSc in T.A. Psychotherapy (United Kingdom)
- Fellow, Singapore Association for Counselling
- Full Member, Singapore Psychological Society
- Academic Director, Flinders University ECTA Programmes (Singapore)

Target Audience

For anyone who wants to let go of the **4P's**:
Past, Pain, Person, Problem and start living the life you want.

Administrative Details

Fees (inclusive of GST)

- S\$200 - Public
- S\$150 - ECTA Alumni Members and currently enrolled students
- S\$100 - ECTA students who register in groups of 3 or more

Course Details

Date: 17 October 2025 (Friday)
Time: 6.15pm – 9.15pm
Venue: ECTA
Delivery: In-Person and E-Learning
PDL: 3 Hours

Register Here!



<https://md9leqhi.paperform.co>

For further information, please contact:
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