

Mental Health & Positive Change

Re-create your inner mental dialogue.

Re-write your mental responses from within you.



Moderator

Dr. Mariyam Shakeela

- ◆ Former Cabinet Minister of Maldives.
- ◆ President of AWA (Addu Women's Association).
- ◆ Civil Society Actor Working With National, Regional & International Institutions.
- ◆ CSAG Member of UN Women.
- ◆ One of The Founder Members of WASI (Women's Alliance for Security Leadership)
- ◆ Board member for DDG Advocate for Women Empowerment & Youth.
- ◆ Works on preventing extremism & promoting peace rights & pluralism

Mental Well Being has become a global pandemic personally and socially . The Interaction with Life in all its Challenging Circumstances can create complicated mental Responses which in turn effect our physical lives and our capacities to deal with Life itself. This Workshop discusses how to acknowledge this and rediscover your inner strengths to move forward with courage. To be Inspired and encouraged by our esteemed international practitioners and speakers.

Be Guided into innovative Art Therapy by Sahar Noon . The interconnection of Mind Body and Language is explored in this session of Art Therapy . Do have a paper and pencil with you when you join us and if possible some color pencils .



Date

AUGUST 23, 2021



Time

5:00 PM
BHUTAN

4:00 PM
MALDIVES

12:00 PM NOON
LONDON, UK

4:00 PM
PAKISTAN

7:00 PM
PERTH, AUSTRALIA



Sabeena Shahid

- ◆ Neuro-Linguistic Programming Certification.
- ◆ Self Mastery Life Coaching Courses, Calvin Coyles Institute, Australia.
- ◆ AD heart Facilitator Certification HeartMath Institute, USA
- ◆ Strategic Management Coaching
- ◆ Masters International Relations University of Western Australia, Australia.
- ◆ Masters French Linguistics, Alliance Francaise Institutes, Ottawa, Canada.



Navpreet Sohanpaul

- ◆ Law Degree (LLB) & Masters in Law & Corporate Governance (LLM), London, UK
- ◆ NLP Practitioner & Life Coach (Calvin Coyles Institute, Australia)
- ◆ Mental Health Blogger
- ◆ Peace over Panic



Her Excellency Dorji Choden

- ◆ Bachelors Civil Engineering, Birla University, India
- ◆ Master of Arts Public Administration, Syracuse University, USA.
- ◆ Led Technical Services Department, Royal Government of Bhutan, Commissioner Anti Corruption Commission , Bhutan.
- ◆ Former Cabinet Minister of Works and Human Settlement, Chairperson of the IMS, Bhutan .
- ◆ Has worked with UN , Bhutan.
- ◆ Works in numerous national and regional organizations on women



Sahar Noon

- ◆ Visual Artist. Graduated frm the National College of Arts.
- ◆ Fine Art Painter. Specialising in Miniature and Optical Illusion Art.
- ◆ Certified Reiki Practitioner
- ◆ Design Studio - Lahore, Pakistan
- ◆ Exhibiting since 2007



Tshering Dolkar

- ◆ Director of Counseling Department (RENEW)
- ◆ Masters in Counseling, University of Brunswick, Canada
- ◆ Is a well known pioneer in the field of Counseling in Bhutan
- ◆ Has worked as the Chief of The Career education and Counseling division, Ministry of Education
- ◆ Recipient of The Hubert H. Humphrys Fellowship, John Hopkins, Bloomberg, School of Public Health



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