

📅 28 September 2024 ⌚ 9am to 6pm 📍 The Catapult (Singapore)



## WELLBEING 2.0 FOR ALL

Are you ready to take your wellbeing journey to the next level? The Wellbeing 2.0 Conference is designed for individuals who want to make wellbeing an integral part of their lives, whether at work, at home, or beyond. Discover the diverse sessions and tracks at the conference!

### SESSIONS FOR PRACTITIONERS

Ideal for therapists, counsellors, social workers, and other professionals who provide direct support in mental and emotional health, as well as organisational leaders, HR professionals, and those involved in people transformation.

#### EXCLUSIVE WORKSHOP

### Mastering Wellbeing: Essential Positive Psychology Toolbox for Practitioners

PROF. ILONA BONIWELL  
CEO @ Positran

This 2-part workshop takes you through cutting-edge methodologies, including systemic interventions, serious game and gamification techniques, and experience design aimed at fostering engagement and content appropriation.

Join this workshop to:

- Explore the intersection of enjoyment and education with gamification techniques.
- Delve into their scientific underpinnings.
- Create powerful learning experiences and actionable solutions of positive psychology to professional audiences.

*This breakout session is exclusively available to participants who have registered for the exclusive pass. Participants will receive a Certificate of Completion and 3 CPD hours from The School of Positive Psychology.*



### SESSIONS FOR CORPORATE WELLBEING LEADERS

Ideal for those in human resources, organisational development, and people transformation who are committed to creating a supportive and positive work environment.

#### PRE-LUNCH BREAKOUT

### Mental Health Matters: From Awareness to Action in the Workplace

DR. JONATHAN MARSHALL  
Founder @ Marshall Consulting



#### POST-LUNCH BREAKOUT

### Transform Strengths into Peak Performance

JANA DAWSON  
Deputy CEO @ The School of Positive Psychology



### SESSIONS FOR EXPLORERS

Ideal for mental health advocates, community members, and professionals from all walks of life who are passionate about supporting mental wellbeing.

#### PRE-LUNCH BREAKOUT

### The True Cost of Happiness:

Is the Pursuit of Money and Achievement Helping or Destroying Our Wellbeing?

HIROSHI LIMMELL  
Head of Employee Wellbeing @ A\*Star  
MICHELLE MARTIN  
Radio Host  
JASON LEOW  
Vice Chair & Head APAC @ Edelman Smithfield  
FELICIA HENG  
Founder @ Wise Purpose  
SHARMAIN CHIN  
Co-Founder @ Total Wellness Initiative Singapore



#### POST-LUNCH BREAKOUT

### Trauma Recovery:

Reshaping Your Brain and Body for Emotional Balance and Wellbeing

DR. ALLA DEMUTSKA  
Clinical Director of Counselling and Psychotherapy @ The School of Positive Psychology



GET YOUR TICKETS NOW!

