



Centre of Happiness

Nurturing success. Enriching lives.

www.centreofhappiness.org.za

CoH@centreofhappiness.org.za

17-7th Avenue Parktown North

082-895-2733

Introduce yourself and the product or service you are offering

How would you define professionalism?

Is procrastination an issue in your life?

Small business & Entrepreneurs support workshop
11:00-14:00 Tuesday 30th Sept
17-7th Ave Parktown North
Cost R350pp
(light lunch & drinks incl.)

Are you managing your time effectively?

What are your goals are they realistic

Do you have any negative thoughts or beliefs that are creating obstacles?

How do you handle setbacks?

What are you doing to maintain a healthy work/life balance?

What can you think of that will motivate and inspire you to move forward?

Mary Murphy (trained counsellor and life coach) will host a 3 hour self-employed workshop. The focus is on personal/professional growth will cover a number of topics in detail, for example, professionalism, self-belief, goal setting/action plans, procrastination and motivation.