



AVENTIS
LEARNING GROUP

Ikigai- Unlock the Ancient Japanese Secret to Help You Live a More Fulfilling and Purposeful Life

Table of Contents

Introduction	3
Learning Outcomes	4
Who Should Attend?	5
Course Outline	6
Course Details	7
Trainer's Profile	8
Testimonials.....	9

Introduction

Learn How to Find Your Ikigai And Transform Your Outlook On Life

In Japan, millions of people practice ikigai, a reason to jump out of bed each morning. Ikigai is the age-old Japanese ideology of finding joy in life through purpose and has long been associated with the longevity. In other words, your ikigai is what gets you up every morning and keeps you going.

Leading a Purpose-Driven Life?

- Do we want to wake up each day feeling energized and purposeful, knowing that you can make an impact in the world and live life to the fullest?
- Do we fear working ourselves to death, to live an unfulfilling life, going through our days like walking zombie
- Do we want to move beyond your current constrictions, fears, doubts, and negative emotions to become an unstoppable force of happiness and success?

In a rapidly changing world, we are constantly looking for a way to combine our passion and talents, to find meaning to our work and life. To lead a Purpose- Driven Life.

How To Find Your Ikigai And Transform Your Outlook On Life...

What's your reason for getting up in the morning?

If you are still looking, fret not. The age-old ideology of ikigai can help you find your purpose to live a fulfilling and meaningful life. Finding your 'ikigai' helps you to keep looking towards the future, even when you are going through a difficult time.

Every one of us has an Ikigai — a reason for being or a purpose in our life. Your ikigai doesn't have to be some grand ambition or highly noble life's purpose – it can be something simple and humble, like tending your garden or walking your dog.

Learning Outcomes

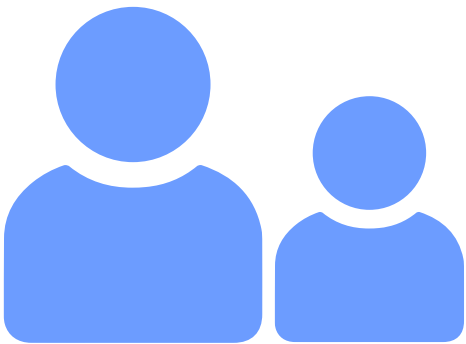


This workshop is about finding your ikigai – identifying your purpose or passion and using this knowledge to achieve greater happiness in your life. Instead of living life by default, you will learn how to design your life and create the joy and success you desire.

At the end of this interactive workshop, you will:

- Understand the concept of Ikigai and start the journey of discovering your Ikigai
- Understand the 4 Main qualities of Ikigai
 - What you're good at
 - What the world needs
 - What you can be paid for
 - What you love
- How to find your "Sweet Spot" that is in the middle where these points overlap.
- Discover that joyous state of mind – and retain it to find your own Ikigai.
- Strategies to design your life to create the joy and success your desire
- Breakthrough limiting beliefs and fear

Who Should Attend?



It is suitable for busy professionals and individuals who want to know how to manage stress and their time effectively.

It is also suitable for business leaders, senior managers who want to redesign their life and be happier and more successful.

Course Outline

Module 1 : Introduction

- Understanding Ikigai

Module 2 : Self Discovery and Awareness

- Who am I?
 - Discover one's core personality type using enneagram (Activity)
- What am I good at?
 - Discover your strengths (Activity)
- What do I love to do?
- Discover your passion (Activity)

Module 3 : What is Stopping us from Living our Ikigai

- Understand the power of thoughts
- Identify one's limiting belief system

Module 4 : Strategies to start your Ikigai Journey

- Adopt a Growth Mindset
- Start a daily ritual with Mindfulness
- Harness the Power of Breath
- Design your ideal perfect life

Activities will include self reflection, group sharing, buddy work, breathing techniques and Mindfulness technique.

Course Details



1 Day
9.00am - 5.00pm (Classroom)
9.30am - 4.30pm (Virtual)



Classroom Learning at
Holiday Inn Orchard City
Centre / **Virtual Learning**
via Zoom



(65) 6720 3333
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\$635 Before GST



Trainer's Profile



Certified Peak Performance Coach: Angie Toh

Angie Toh is a Peak Performance Coach with over 20 years of experience who will share enlightening stories and case studies that demonstrates how you can conquer negativity and inspire others to adopt a positive attitude through training and private coaching.

Angie's last corporate role was with the global leadership and coaching organization as the Director of Coach Certification. She was heading the coaching division for the organization in Asia as well as leading a team of sales staff globally. She decided to leave the corporate world to focus on her passion for training and coaching full-time in 2012. Angie's passion is to help busy professionals and business owners to succeed on their own terms and achieve breakthroughs in their personal and professional life. Her mission in life is to facilitate and help others to gain insight into their true potential, to expand their awareness of who they could become as a person, and live a purposeful and successful life.

Angie has also appeared on Channel News Asia sharing on the power of breath; FM938 Live on overcoming negativity at work. Her extensive list of corporate clientele includes Great Eastern Life, Mindchamps Holdings, Robert Bosch (South East Asia) Pte Ltd, Vanderlande Industries Singapore Pte Ltd, DBS Bank, Aracdis Singapore Pte Ltd, Pacific Life Re, Parkway Cancer Centre etc.

Testimonials

"Very clear in delivery, yet create a comfortable space for reflection and sharing. Readily answer our queries and give participants autonomy how much we want to share or participate (especially some topics can be sensitive). Good reflection opportunity."

- Anna, Lecturer - Republic Polytechnic

"I think Angie is engaging and pointed out certain important concepts. I wished more about strategies to help others find their ikigai could be explored. But thanks for the session! I would recommend it to my friends who would want to go through the process of self-discovery."

- Teresa, HOD - Nan Hua High School

"Great learning experience via Zoom. Of course will recommend the course. In fact, it is recommended by my colleague. My branch all attended except 1. Will share this."

- Yizhuang, Corporate Services Assistant - Singapore Police Force

"Angie is very knowledgeable in ikigai concept to be able to explain it in layman terms. It was enjoyable and she could relate to our experiences."

- Kelli, Senior Manager - NLB

Testimonials

"Learning via Zoom was good! I liked the usage of Google docs as it felt more interactive. She is supportive and positive. The course definitely helped me a lot with knowing the direction to steer my thinking towards."

- Stella, Assistant Executive – NIEC

"The facilitator Angie is knowledgeable and have rich experience in this area. The course via zoom is engaging and informative."

- Xiang Pin, Nan Hua High School

"Angie is passionate and great in guiding participants with questions to uncover our thoughts."

- Wing Gang

"It was a good and effective experience learning via Zoom. Angie is patient and explains very well. I would definitely recommend this course as it's such an important concept."

- Kavita