



Silveryskys

Discover your true potential!



July 29th & 30th 2017

10am-12pm & 2.30-4.30pm

Emotional Intelligence in Your Life and at Work

Cost per day is 8,000 Rs

For both days 15,000 Rs

As times change and so do our lives, Emotional Intelligence, or EI, has become a major factor in the way we behave and cope with the many issues affecting our personal relationships, professional success, and overall happiness and health.

Internationally Accredited Master Coaches will be offering two workshops at Prana in July to promote your total well being: The first day will focus on EI in Life, the second, EI at Work.

Both workshops will cover the science behind EI, its applications in real life and work environments, and guide you to discover a new awareness and understanding of how you can rule your emotions, not let them rule you

EI LIFE: July 29 ~ from 10:30-12:30 lunch break then 2:30-4:30 pm

EI WORK: July 30 ~ from 10:30-12:30 lunch break then 2:30-4:30pm

Life Coaching helps you to discover, identify, clarify and align with your innermost needs and helps you to flourish in life. It can help you acquire new tools and solutions to expand your strengths in areas you desire most. Feel free to open up and engage in total confidentiality with international Master Coaches:



**Dr. Charuni Senanayake, Master Coach & Master Mentor (IIC&M) /
Founder Silveryskys / Director International Academy of
Mentoring & Coaching (IAMCasia)**

**Dr. Veronique Balsa Koken, Master Coach International Institute of
Mentoring & Coaching U.K. /Master of Science in Aeronautics and
continued studies in Physics at Stanford University / NASA educator /
retired United States Air Force Auxiliary Captain**



Info & Bookings: 011 268 4808 / 071 776 9273

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Holistic Health Center 60 Horton Place Colombo 7

Mentoring in Parenting, Leadership, Life struggles, Support networks (divorce, stuck- in life, unhappy), Women Issues, Relationships / Focus Group coaching for Youth, Muslim Ladies, Working Men, New Moms, Stay-home Dads, Career women balancing life / Workshops on Emotional Intelligence, Empathy, Sri Lankan Traditions for young children, Leadership skills for young children.