

## FLORAL THERAPY

The Right Balance Consulting – Soul Hana specializes in providing soul-stirring experiences through floral therapy, designed to allow participants to immerse in the joy in floral arrangement and nurture personal growth, individual self discovery, and organizational leadership development.



### Floral Therapy: A Journey of Self Discovery

The program is a journey of self-discovery, stress management, and acceptance of change, using the medium of floral arrangement as a tool for reflection and personal growth. It aims to deepen understanding of oneself and others and encourages resilience and joy through creativity.

Participants will uncover insights into their inner selves, confront challenges, and embrace change with grace and resilience. The experiential nature of the workshop encourages participants to connect with their emotions, cultivate self-compassion, and emerge with a renewed sense of purpose and inner strength.

By the end of this session, participants will not only have a beautiful floral arrangement to take home but also a renewed understanding of themselves and their ability to manage change, and a sense of peace and harmony that they can carry into their daily lives towards a more balanced and fulfilling life.



## Floral Therapy: Strengths-Based Leadership

This program is tailored to enhance leadership skills in a unique, refreshing and inspiring setting, using the medium of floral arrangement as a tool for reflection and personal growth. Through a series of interactive activities and team-building exercises, participants delve into immersive experiential journey enhancing skills like leadership, communication, collaboration, problem solving, decision-making, adaptability, empathy and inclusivity using floral elements.

Engaging in collaborative projects, discussions and reflections, participants gain insights into strengths-based approach, empowering them to lead with authenticity and impact. By embracing hands-on floral experiences, attendees gain practical wisdom in leadership dynamics and nurturing supportive work environments. The workshop empowers participants to cultivate their leadership potential, inspire innovation, and nurture growth both personally and professionally.

By the end of this program, participants will not only have gained new skills in floral arrangement but also valuable insights into their inner selves and the nature of the world around them. The program is more than just learning an art; it's about embarking on a meaningful leadership journey.

To learn more, contact

Tan Joo Seet

Singapore +65 9826 6858 | Hong Kong +852 9448 2961

Malaysia +60 16 606 8586 | Thailand +66 61 527 5881

jooseet@gmail.com | getintouch@tanjoooseet.com



[www.tanjoooseet.com](http://www.tanjoooseet.com)