



Christine Kritzas, M.A. (S.A.)
PSYCHOLOGIST & DIRECTOR

Christine Kritzas is a counselling psychologist, committed to exploring and developing every person's individuality and unique potential in a collaborative therapeutic relationship. With over 14 years of experience as a practicing psychologist, she has worked extensively with children and adults. Christine is passionate about creating innovative platforms for individuals to express themselves and is the creator of a children's board game, Smart Heart®, which aims at developing emotionally intelligent kids. She has also worked within the corporate sector, providing seminars, trainings, and Transformational Counseling to executives. Christine was a guest speaker at EXPO 2022, and has been a frequent guest on radio and contributed to publications such as Gulf News, Khaleej Times and The National.



ONLINE WORKSHOP

Val-YOU 2023

A VISION BOARD WORKSHOP:
Materializing Your Dreams Through Visualization
For Adults (18 yrs+) & families to do together

Date: Sunday, April 16th **Time:** 1pm - 3pm

Investment: 395 AED/person + 5% VAT

Are you feeling like you've been operating out of your comfort zone for too long?

Perhaps your 'fixed position' has you feeling stuck, confused, unmotivated or uncomfortable?

This is often a clear indication that a change is needed, and that you are ready - though it's common to be unclear about what change could look like, or where to even start.

The *Val-YOU 2023 workshop* is an invitation to gain clarity, inspiration and a better understanding of your own core values, and how they can be used to guide you towards living a life of meaning and purpose, while making progress towards your goals and dreams.

Walk away from this experience with:

- A visual expression of your goals and dreams in the form of your unique vision board.
- Strategies to live your life authentically, full of value, and on purpose.
- Knowing how to silence your inner critic - which can get in the way of making progress on your goals and dreams.
- Understand your own blocks to achieving greatness, and plan ahead for addressing obstacles along your path to success.
- Practical tools to start actioning your goals, starting today.

Home materials for your Vision board (Optional for the workshop):

Old magazines; A3 sized cardboard, canvas or foam board; glue & scissors

"Christine has such a wonderful presence and gives everyone a comfortable space to share. This workshop was very practical and enlightening."



"Very useful and full of evidence-based practice. Life transforming, encourages inner reflection and empowerment."



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CENTER FOR WELLBEING
lighthousearabia.com

REGISTRATION: lighthousearabia.com/events

INVESTMENT: 495 AED/PERSON + 5% VAT

LOCATION: **This workshop will take place online. A Zoom link will be shared upon registration.**