





The trauma experienced by children is primarily a result of the trauma they have been exposed to in their home life. They see violence, neglect, and emotional abuse daily.

Although talking about trauma can often be difficult, it is essential to communicate with children about trauma because we know and provide them with the support they need to cope with trauma when it happens.



By: Aditi Chatterjee MASTER OF PSYCHOLOGY WITH

SPECIALISATION IN CLINICAL **PSYCHOLOGY**

WEBINAR EVENT RATING: 4.2/5

SPEAKER RATING: 4.5/5

CONTENT RATING: 4.8/5

LIKELIHOOD OF ENDING ANOTHER

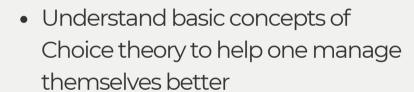
It is valuable as it helps to educate the public about how to approach children who have gone through trauma, many would not know how it's appropriate, so they would feel uncomfortable and avoid talking about trauma with kids even though these kids would like to share.



Webinar: Self-Management Using Choice Theory

This 1-hour webinar is designed to help participants understand Choice Theory by Dr William Glasser and how understanding some basic concepts of this theory can help one to self-manage.

This will be done firstly by allowing participants to understand themselves better, followed by practical application of this understanding in the issues that one would face.



- Help individuals understand themselves better through a greater sense of self-awareness
- Apply the concepts in their everyday decision-making



MASTER OF ARTS (COUNSELLING)

WEBINAR EVENT RATING: 4.7/5

SPEAKER RATING: 4.8/5

CONTENT RATING: 4.7/5

IKELIHOOD OF ATTENDING ANOTHER 4.3 VEBINAR:

4.3/5

Joan is very clear and calm during her presentation. She demonstrated effective control.



Webinar: Power of Movement

Are you currently on a self-healing and self-finding journey and exploring other modalities that can support you in doing more profound work?

In this 45 min talk, we discuss the power of incorporating the body in our journey of self-healing and the gifts of living an embodied life.



 How to involve the body in the healing process.



By: Wan Ting
MASTER OF ARTS (PSYCHOLOGY)

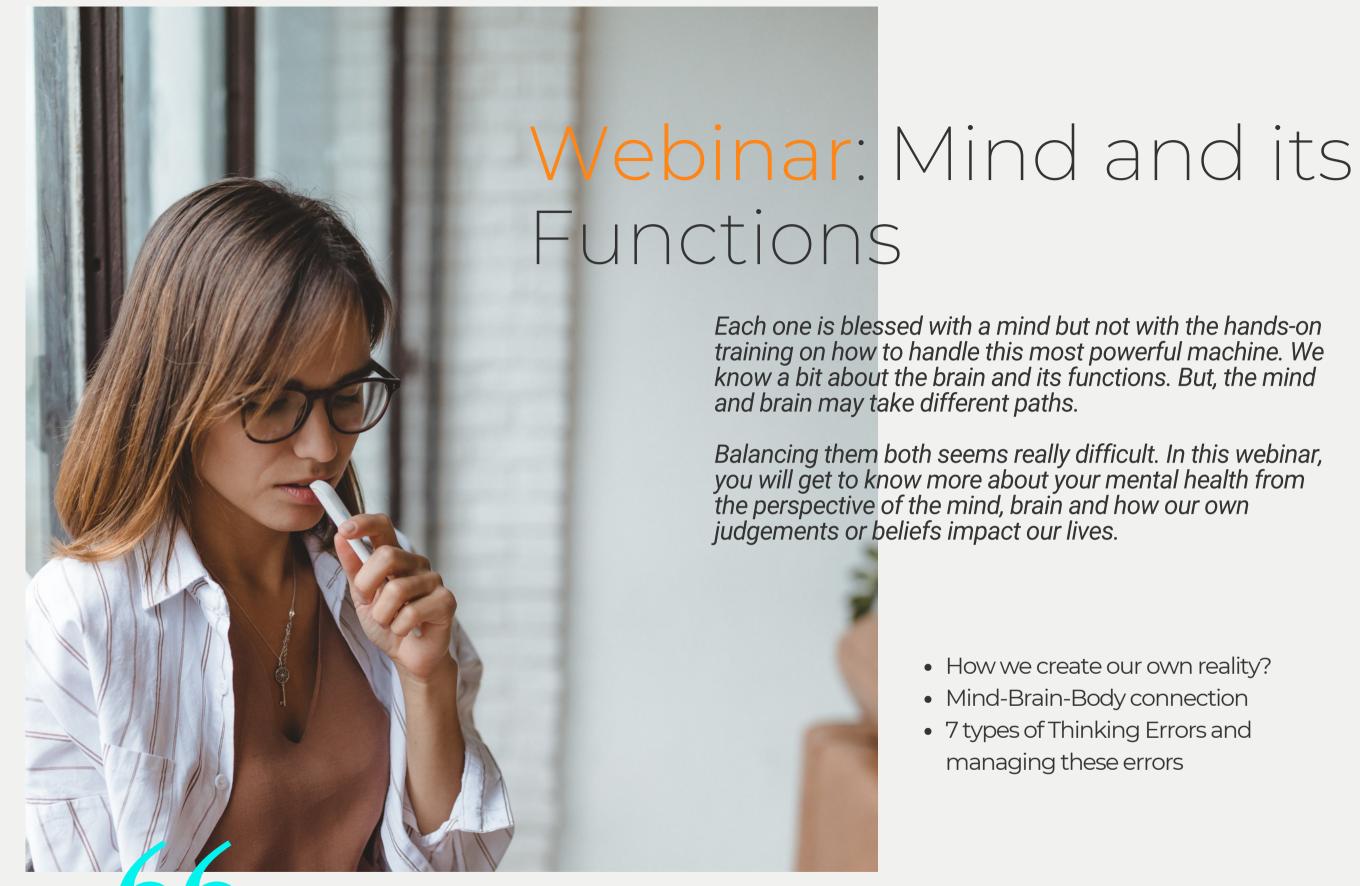
WEBINAR EVENT RATING: 4.7/5

SPEAKER RATING: 5/5

CONTENT RATING: 4.7/5

LIKELIHOOD OF ATTENDING ANOTHER 4.3/5 SAFE SPACE WEBINAR:

I've always had a good experience with Safe Space and I think the webinar is a good space for people interested in finding out about different approaches to therapy and allows us to get to know therapists before deciding on the approach we wanna take on our therapy journey.







By: Dr Kavita Bhargava PHD IN PSYCHOLOGY

• How we create our own reality?

- Mind-Brain-Body connection
- 7 types of Thinking Errors and managing these errors

WEBINAR EVENT RATING: 4.6/5

SPEAKER RATING: 4.7/5

CONTENT RATING: 4.7/5

LIKELIHOOD OF TTENDING ANOTHER WEBINAR:

4.8/5

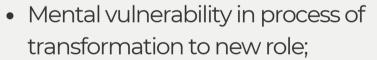
This kind of webinar does not only help me through but also it will also help other people through me by means of sharing information and helping them overcome their own. Thanks!



Webinar: Mental Vulnerability in Career Switch

We want to invite you for a 1-hour webinar on mental vulnerability. Of course, cognitive vulnerability is not a sign of weakness or any defect. Still, the source of strength is to be aware, understand, and deal with our own emotions under the circumstances of not knowing the situation, what the future may bring, and when we need to take risks, e.g., going to a new job.

It gives strength to be brave and not afraid of emotional exposure and mistakes.



- How to develop more open attitude when entering new workplace
- How to manage uncertainty, exposure and adjustment in new job



By: Agnieszka Smetana

MASTER OF SCIENCE IN PSYCHOLOGY

WEBINAR EVENT RATING: 4.3/5

SPEAKER RATING: 4.4/5

CONTENT RATING: 4.4/5

LIKELIHOOD OF ATTENDING ANOTHER 4.9/5 SAFE SPACE WEBINAR:

I rated 10 because I realize that I need help. Attending the webinar, I realised that I was too focused on wearing the know-it-all mask the entire time. I am on the stage of transitioning into a new a role and this has caused a lot of anxiety for the past weeks. And really, I don't know anything on the new role I accepted! I just thought I needed to move on, accept it and learn along the way. I am glad to have seen your ad at Instagram and didn't hesitate to sign up. I'm impressed that you conducted this for free. I'll definitely finish the series.





In this webinar you will learn how to understand the emotions as well as heal the unhealed emotions through meditation. Once the emotions are healed we see positive changes in oneself first and then the environment shifts for the greater good.



By: Dr Kavita Bhargava
PHD IN PSYCHOLOGY

- Understanding Emotions
- Meditation to heal your unhealed emotions

WEBINAR EVENT RATING: 4.2/5

SPEAKER RATING: 4.0/5

CONTENT RATING: 4.4/5

LIKELIHOOD OF
ATTENDING ANOTHER
SAFE SPACE
WEBINAR:

5.0/5

This is very timely and relevant, and the presentation is excellent!



Expertise

The speakers are great and very interactive to the participants and of course the topic is very nice as it'll be a good help to everyone as we are facing a pandemic.

Topical

went through different issues that concerns mental health

Actionable

was satisfied with the content presented -- not technical, but **practical**, simple and straightforward. I also like the speaker very much. She's pleasant, smiling and warm. Made me feel at ease.

