



## HAPPINESS WORKSHOP

### WORKSHOP SNAPSHOT

- Defining Happiness
- Personality Attributes
- Behavioral Factors
- Right Balance
- Relationships
- Top Ten Tips for the important areas
- Happiness Tests
- Happiness Exercises

### **WHO SHOULD ATTEND?**

- Corporate Executives
- New Employees
- Employee's Families

### **ABOUT MENTRIQ:**

Mentriq is a Mental Health Services organization founded by our founder and mentor, Dr Prerna Kohli PhD, in 2017. We are a group of 20 Psychologists, based out of Delhi NCR. We offer our services all across the country in the areas of workplace mental health and professional development.

### **ABOUT DR. PRERNA KOHLI:**

Dr. Prerna Kohli is a holder of BA (Hon.) & MA in Psychology, M Phil as well as Doctorate in Clinical Psychology. She has been pursuing private practice as a Clinical Psychologist since 1993 and been associated with a Global Wellness Company since 2000 in the capacity of Consulting Advisor. Dr. Kohli is a Certified Coach Trainer, Corporate Trainer & Teacher Trainer for Louise Hayes' Heal Your Life, Certified in Advance DNA 1 & 2 for Theta Healing & Certified in Organization Development Alternatives (ODA) for Executive Life Coaching & Hypnotherapy. During the period of 2012-13, she was the Head for CII Committee on Core Issues of Women. Since 2014, she has been associated with CII/NSDC/Ministry of Skill Development, GOI as the Mind Trainer- Beauty & Wellness Sector Skill Council. She is Founder Member of Vishakha Committee against Sexual Harassment of Women. Since 2015, she is also a Member of the Governing Council of the Sunshine World Schools, Goa. Till date Dr. Kohli has delivered more than 250 man days of workshops.