



Purpose

Enabling young people and adults to make informed decisions and rise above adversities in life

Vision

Creating a world where people blossom into self-aware, socially responsible, adaptable and compassionate member of society



(A one-day fun and experiential workshop for 16 to 21 years old)

FACTORS OF SUCCESS

There is no universal definition of what it means to be successful and we all have different perspectives on a well lived and successful life. Perhaps, success is being true to ourselves, living a purposeful life or a well paid corporate job?

No matter how different each of us sees success as. The following are a few critical competencies to boost a child's happiness and success:

- Better at grasping and managing emotions
- Knowing one's strengths and weaknesses
 - Learning from mistakes
 - Working as a team
 - Seeking support
- Willingness to overcome difficulties
- Optimism and gratitude

About Play2 Success

This one-day highly engaging, fun, experiential and insightful program draw out both the strengths and challenges youths face using Lego bricks. Concepts about how resilience is linked to mental well-being and success are taught and demonstrated through gamification. Participants will also learn how empathy and non-judgment allow them to develop self-care and self-acceptance. They will also explore the topic of unconscious bias and how it might be holding them back from achieving their goals. Lastly, how to develop optimism and gratitude when facing challenges in life.

Learning outcomes

- Discover what is mental resilience and its importance in enabling a successful life.
- Learn how to embrace a growth mind-set.
- Have better clarity of one's strengths/weaknesses.
- Learn how to work with self-limiting beliefs.
- Learn tools to develop mental resilience, build happiness and success in life.

Clients/Community partners



" I found a lot of things about myself and now I have more clarity in my passion and how to move forward "

MABEL



" I realized many of my flaws and strenghts."

JEFFERSON

Founder, Seed Of Lives Content Developer | Facilitator

Daniel Yeo

International Enneagram Association
Professional Member
Mentor, Asian Institute of Mentoring



Daniel Yeo, is the founder of Seed Of Lives and Director of Alive Consultancy (Pte. Ltd.) with global footprints in South East Asia, China and Germany. Daniel is one of the few in Asia certified directly by University of Oxford in Mindfulness Based Cognitive Therapy (MBCT). Apart from working with Organizations in areas of building trust, team dynamic and performace. He is also very concern about the mental well-being and happiness of children and youth adults in Asia.

He has developed and taught the following programs, a twelve sessions **Play2 Resilience, Play2 Success with bricks and Enneagram, Conversational Parenting Program** in Singapore's primary schools, Ngee Ann Polytechnic, Institute of Technical Education and International School in Indonesia. He volunteers at the Singapore Prison to mentor prisoners and teaches resilience program for detainees at the Singapore Armed Forces Detention Barracks. Daniel is also a mentor at the Asian Institute of Mentoring.

Trained and Certified

