



The Doing Well Centre Helping You with Positive Psychology in 3 Ways

- **Brief coaching** enables clients to achieve their goals by enabling solutions, not dwell on problems.
- Our sessions focus on the “how” to get there, not the “why” and “what’s wrong”.
- This method discovers what has been working for you, and encourages you to continue doing more of it.
- The method energizes people with action.
- As the name says, the coaching is brief. We require one to eight sessions to get to the goal.

- **Resilience** is being in control of the way we respond to situations and to bounce back from challenging adversities.
- **Introducing SPARK**, a method to dispute our automatic responses to situations and achieve more positive reactions, and more Resilience.
- SPARK represents the Situation; the Perception of the situation; the Autopilot feelings and experiences inside us; our external Reactions based on those feelings; and the Knowledge of ourselves afterwards.
- SPARK energizes clients who ruminate and catastrophize, and helps them to choose more positive reactions.

- **Hypnotherapy** complements other approaches, using positive suggestions to bring about subconscious change in thoughts, feelings and behavior.
- By putting the client into hypnosis, the therapist relaxes the conscious part of his mind while activating the subconscious part to consider the new suggestions.
- Hypnotherapy is widely acknowledged to be effective in habit-breaking (eg. smoking; overeating), and managing stress related issues such as insomnia and anxiety.
- Many types of hypnotherapy exist. I most frequently use Suggestion Hypnotherapy; Age Regression; and **Solution-focused hypnotherapy** which focuses on, not the past, but the present and future,

All three approaches utilize a client’s **strengths** to achieve positive goals. The bias is toward **solutions**, not problems, and actions rather than root causes. I work with goal-oriented **organizations and individuals**.

The Doing Well Centre is located at 1 Cheow Keng Road, Singapore 429450. Book sessions with Jason Leow at www.doingwellcentre.com.