

Thank you for your interest in Double Dot! We are pleased to offer you our selection of services. For more information, please contact us at hello@doubledotbn.com.

Interactive Workshops



**SPARK
Resilience**



**Building Your
Well-Being**

Personal Coaching



**Discover Your
Personal Values**



**Your Career
and You**



**Stress Management
for Well-Being**



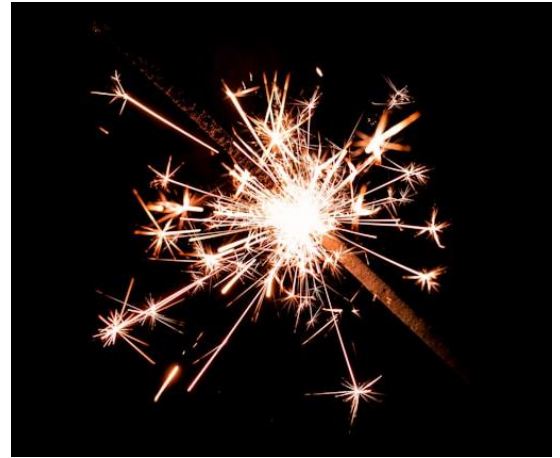
**Coaching for
Personal Growth**

Talks



**The 3 S's of
Stress Management**

SPARK Resilience



“SPARK Resilience teaches people the skills of building Resilience in real life.” – Dr. Illona Boniwell.

SPARK ReDWence is an interactive workshop that builds and strengthens Resilience to help you meet life’s challenges. It promotes mental and emotional flexibility to see things in a different way, be open to learning and dare to try something new.

SPARK Resilience was delivered to a group of working adults in France who reported benefits on their resilience, meaning, positive emotions, perceived stress and work engagement¹. It was also delivered to female students who reported an increase in resilience and a decrease in depressive symptoms².

Format

Interactive Workshop

Duration

2 days (alternate durations available)

Booking & Enquiries

hello@doubledotbn.com

References

1. Boniwell, Osin, Kalisch, Chabanne & Abou Zaki, 2023
2. Pluess, Boniwell, Hefferon & Tunariu, 2017

Building Your Well-Being Workshop



“Well-Being is how well a person's life is going and what is good for them” – Stanford Encyclopedia of Philosophy

Building your Well-Being is an interactive workshop that explores practical tips for building up your Well-Being. Drawing from the field of Positive Psychology you will learn a model of Well-Being to guide you in strengthening its key components. Having the capability to build and strengthen your Well-Being is becoming more important for better performance across multiple life domains including work, income, social contribution, and relationships.

Format

Interactive Workshop

Duration

120 mins

Booking & Enquiries

hello@doubledotbn.com

Discover your Personal Values



Discover what is REALLY important to you in life.

Personal Values are the deepest part of ourselves that we firmly hold on to – Family, Friendship, Spirituality, Contribution, Integrity, Knowledge, Freedom, Learning, Health, Equality etc...

Knowing your Personal Values helps guide you towards living a life of fulfillment and meaning. Not knowing your values, or living outside of them, can make life frustrating and empty.

Take the first step towards valued living and discover what's really important to you.

Format

Personal Coaching

Duration

2 sessions (60 mins. each)

Booking & Enquiries

hello@doubledotbn.com

Your Career and You



Craft a meaningful career for yourself.

Your Career and You is designed to help people target career positions that are the best fit for them. This is done by helping people discover their unique blend of Strengths, Values, Skills and Passions.

Your Career and You is perfect for:

- job seekers who don't know which positions they are best suited for,
- employed individuals unsure if their current job is the right fit,
- visualizing the “bigger picture” of your career and career goals.

Format

Personal Coaching

Duration

2 sessions (90 mins. each)

Booking & Enquiries

hello@doubledotbn.com

Modern life requires us to spend a great deal of time at work. Officially, we put in about 7–8 hours at the office. Unofficially, we work overtime and bring work home to finish up over the weekend.








Given how much of our life we spend at work, it serves us to consider how our work affects our Well-Being:

- Does my work make use of my innate Strengths?
- Can I apply Skills that enliven me?
- Are my Values aligned with the work that I do and with my employer?
- Do my Passions fit this line of work?
- Is the work I do important?
- Can I find meaning and fulfillment in my work?
- Has my work caused me to burn out?

Your Career and You guides participants to identify and journey towards careers that make the best use of their Strengths, Values, Skills and Passions. We want to present the possibility that work can be meaningful while also strengthening our Well-Being.



Participants who successfully complete **Your Career and You** will have identified:

-  their innate Strengths they can depend on,
-  their top Values that can guide their direction,
-  their Skills that enliven their work,
-  their Passions that drive curiosity,
-  a list of Possible career paths,
-  a Targeted career path to aim for,
-  Actionable Steps to take.

*Note: **Your Career and You** supports participants to identify jobs & careers that are a good fit for their blend of Strengths, Values, Skills and Passions. **Your Career and You** does not provide tips for job hunting, CV writing or candidate interviews, nor does it give participants jobs.*

Stress Management for Well-Being



Be kind to your mind.

Well-Being is something we take for granted until it's almost gone. Come on a journey of self-discovery where you explore making important life changes to build your Well-Being. Stress may be part of life but it's not the only part of life.

Format

Personal Coaching

Duration

Weekly sessions (60 mins. each)

Booking & Enquiries

hello@doubledotbn.com

Coaching for Personal Growth



A journey of personal meaning, learning and development.

Personal Growth means different things to different people. Like plants in the soil we all seek to grow and flourish in our own unique way for our own specific purposes. Coaching for Personal Growth will keep you on track towards a life that is full of meaning.

Format

Personal Coaching

Duration

Weekly sessions (60 mins. each)

Booking & Enquiries

hello@positivepsychologybn.com

The 3 S's of Stress Management



Is Stress overwhelming you?

The 3 S's of Stress Management is a 30-45 minute talk that aims to promote healthy ways to manage one's stress. Our certified Stress Management Consultants will introduce a perspective on stress that normalizes the experience and encourages thoughtful self-management. You will also learn a view of stress that promotes learning, growth and resilience. This talk is delivered in collaboration with AC-ACE Creative Training Services.



Format

Short Talk with QnA

Duration

30-45 mins

Booking & Enquiries

hello@doubledotbn.com

Coach/Trainer Profile

Born and raised in Brunei, Joshua Lim believes anyone can make meaningful changes in their life. He has worked to equip himself with the resources to help others live richer and more fulfilling lives.



Qualifications

- **Certified Trainer** under SEAMEO VOCTECH Training of Trainers Certification Programme.
- **Graduate Diploma in Applied Positive Psychology** from The School of Positive Psychology, Singapore.
- **Certified Positive Psychology Coach** trained by Dr. Robert Biswas-Diener.
- **Certified SPARK Resilience Workplace Trainer**, Positran, France.
- **Certified Career Coach**, Institute of Training & Occupational Learning (iTOL).
- **Certified Stress Management Consultant**, The Institute of Motivational Living, Inc. USA.
- **Certified Coach**, Accomplishment Coaching, USA.

Coaching & Training are informed by Positive Psychology, Motivational Interviewing, Cognitive Behaviour Therapy & Acceptance Commitment Therapy.

Accolades

- Graduation Speaker, The School of Positive Psychology, Singapore (2023)
- Invited Professional at The Performing Arts Market, Yokohama, Japan (2018)
- Brunei Delegation for the 24th ASCOJA Conference and ASJA Symposium (2018)
- Monbukagakusho: MEXT Scholarship (aka Japanese Scholarship) (2008)
- Dean's List recipient, National University of Singapore (2000)
- Singapore Scholar (2000)
- 1st Brunei Delegation in the SEAMEO Mathematics Olympiad, Penang, Malaysia (1998)