



Session with Mentees was conducted on 8th March, 2019 by Dasho Chair Person for Coaching Skills

A two hours session with 38 mentees including both the former and current on coaching skills (particularly on 'Thought Model') by Dasho Chair person was convened on 8th March, 2019. During the session, dasho have presented with an important tool for them to use and understand in life through self-reflection. This process of

self-reflection is important to staying tuned in to our own mind. It helps us to know ourselves to understand our emotions and to choose how we behave.

