



Different Monsters

Whether it is procrastination, anxiety, insomnia or low self-esteem, they are all monsters that we sometimes feel we have no control over.

Workshops

We will have different 30-minute workshops on different topics related to "How to tame your monsters".

You are welcome to share the type of monsters you are struggling with and we will try our best to help you deal with your own monsters.

We Care

Take control of your own monsters.

We care about you and your well-being, and therefore, we want to help you fight your monsters.

Contact us

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How to Tame your Monsters

We all have our monsters, it is up to you how to deal with them

Inspiring excellence. Transforming lives.

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Anxiety

The anxiety monster is small enough to sit on its victim's shoulder and whisper things into their unconscious, eliciting fearful thoughts and irrational worries. The anxiety monster is often seen as weak in comparison to others, but it is one of the most common and is very hard to get rid of.

They often carry small objects linked to their victim's anxieties such as clocks which represent a common but irrational fear of things that might never happen. No-one has ever seen the face of the anxiety monster for it always wears a skull as a mask.