



Ashdin Doctor, Habit Coach

Creating a Life of Wellness Through Habits

Join Ashdin Doctor, Habit Coach and author of the acclaimed books : Small Actions, Big Results and One Habit a Day, as he delves into the profound connection between wellness, vitality, and the energy that fuels our daily lives.

Transform your life with practical coaching that empowers you to cultivate awesome habits. This workshop is designed to inspire you to become an exceptional human being, whether for professional growth, sports, or personal enrichment.

In this workshop, you will :

1. Discover habits that drain and replenish your energy
2. Identify key habits affecting your well-being
3. Learn effective strategies to change them

DATE

8 March 2025, Saturday

TIME

3PM-4PM

VENUE

Gloucester Room
2/F, Mandarin Oriental, Hong Kong

ADDRESS

5 Connaught Road Central, Hong Kong

For more information or to reserve, please call +852 2825 4888
or mohkg-spa@mohg.com