



Life can have meaning in most miserable circumstances and motivation for living comes from finding that meaning

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A virtual workshop on logotherapy brought to you by **Synergistic Solutions**

Background

Logotherapy was born in the dire circumstances of the Nazi concentration camp.

Sir Viktor Frankl, the father of logotherapy proposed that when faced with circumstances that we cannot change, we can change ourselves.

Logotherapy provides us tools and techniques to deal with dire circumstances that we cannot change

Course outline

- Increase happiness and well being
- Find meaning and purpose
- Boost relationships
- Transform breakdowns into breakthroughs
- Manage stress and health
- Accomplish goals

Expected outcomes

Logotherapy helps to improve resilience—or the ability to withstand adversity, stress, and hardship. This knowledge might be applied in areas such as:

- Anxiety
- Depression
- Grief
- Pain

The last couple of years of the pandemic have been unprecedented. The prolonged periods of uncertainty has gripped many with feeling of hopelessness and chronic fatigue leading to an inability to focus, define goals and commit to meeting them with undeterred performance. This is affecting individuals and communities as a whole and companies as result.

Logotherapy is one of the tools to help redefining the purpose in life and discovering the meaning of life. In doing so, one can bounce back to his commitment and lead an active cheerful, fulfilled life.

International experts

Dr Batya Yaniger, PsyD; LSW
Logotherapy training, Co- Founder
Viktor Frankl Institute of Logotherapy,
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Register Now

To register for the one day workshop, please contact us at Synergisticsolutiontm@gmail.com. Those registering can attend either on 15th or 29th March 2022.