



Guest Facilitator: Benedict Lim



Benedict is the Chief Psychologist of iGROW, a nationally recognized psychological consulting firm that specialises in happiness at work, family and life. He has accumulated over a decade of experience working with corporate and youth in various settings.

His areas of interest include the Cultivation of Positive Emotions, Building Psychological Capital, Happiness at Work and Life, Workplace Stress, Change and Creative Parenting.

Benedict holds a Masters of Social Science degree (Counselling) from University of South Australia and a Bachelor of Arts in Psychology majoring in Counselling.