

TOXIC POSITIVITY



In this day and age, we're often told to constantly think positive no matter the struggles we're faced with. Is this healthy or is this an obvious case of toxic positivity?

Hear it from the Co-Founders & Directors of Telos Mental Wellness on issues surrounding toxic positivity - how it looks like, how it affects us, and what we can do about it!



Lee Kah Seng



Yong Vee Vian



Kristy Khoo

Friday, 27 August 2021 | 4:30 PM | Microsoft Teams

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MEET OUR SPEAKERS

A WEBINAR ON TOXIC POSITIVITY



Lee Kah Seng

Mr Lee Kah Seng is the **Co-Founder & Director of Telos Mental Wellness**. He is also a **Licensed & Registered Counsellor**. He holds a **Masters of Professional Counselling** from Monash University, Malaysia.

Experiences

- Experienced in supporting clients within a corporate setting
- Works with young adults to middle-aged adults
- Special interest in working with issues such as depression, existential crises (meaning of life), grief and loss, addiction, stress, and loneliness

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Yong Vee Vian

Miss Yong Vee Vian is the **Co-Founder & Director of Telos Mental Wellness**. She is also a **Licensed & Registered Counsellor**. She holds a **Masters of Professional Counselling** from Monash University, Malaysia.

Experiences

- Experienced in supporting clients within a corporate setting
- Case Manager of Safe Space Covid-19 Malaysia
- Talian Kasih Crisis Hotline Counsellor under Lembaga Kaunselor Malaysia
- Works with teens to middle-aged adults
- Special interest in working with issues such as depression, anxiety, grief and loss, relationship issues, stress and burnout

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Kristy Khoo

Miss Kristy Khoo is the **Co-Founder & Director of Telos Mental Wellness**. She is also a **Licensed & Registered Counsellor**. She holds a **Masters of Professional Counselling** from Monash University, Malaysia.

Experiences

- Experienced in counselling individuals in a private therapy centre
- Works with teen to middle-aged adults
- Special interest in working with issues such as anxiety, OCD, depression, trauma, perfectionism, identity and existential crises

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