

From Fearful to Empowered - How I Re-Programmed my Mind to Conquer Cancer



Synopsis ▼

Fear is the #1 challenge facing cancer patients. How well the patients can handle the crisis mentally and emotionally is extremely important because a sense of wellbeing will expand the cancer patient's perspective and therefore creates greater choices for the patient. But HOW can patients think more positively? In this webinar I will be talking about the practical steps patients need to understand in order to go from feeling fearful to feeling empowered. When they have greater control over their mind they have greater control of their recovery.

Learning Outcomes ▼

- How wellbeing can lead to better outcomes
- Identify different states that patients can be in during their cancer journey
- Why positive thinking is not wishful thinking
- Using stress and fear to our advantage
- Why we are not our thoughts or emotions
- Uncovering how our mind works
- Reframing disempowering thoughts and situations to get out of negative emotional states
- Wellbeing is focusing on what we can control, surrendering to what we can't

Speaker ▶

Dr Trifina Sofian (PhD)



Trifina Sofian has a PhD in Biochemistry and is a Breast Cancer Recovery and Mindset Coach. She was diagnosed with Triple Negative Breast Cancer at the age of 29 and has used conventional, complementary and lifestyle medicine in her recovery. She is 10-years cancerfree

and her mission in life is to empower other women in their breast cancer journey. For more information go to www.youngandcancerfree.com

CANSURVIVE & ITS PURPOSE

Cansurvive is a support and information service for those who are challenged with cancer. Not just information and support, but a service that offers a greater awareness of the benefits of holistic, non-invasive cancer therapies, nutrition and diet, as well as orthodox treatments; what is available and where to access them. It is a window of light into the world of healing, where the word *"Terminal"* is a challenge, not a death sentence.

zoom REGISTRATION IS FREE

https://zoom.us/webinar/register/WN_MiZZpkqnSDK20Dq5xm6JzA



Date : Saturday, 16th Jan 2021
Time : 3:00 pm to 5:00 pm
Venue: Online via ZOOM

Organised by:

CANSURVIVE CENTRE MALAYSIA BERHAD (903023-M)

WEB : www.cansurvive.org.my
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