



Organization Coaching

How to Quit Smoking Fast and Easy

without Pills

**You might know smoking is an addictive behavior which harmful to health,
but do you know how to quit it permanently?**

**This workshop will walk you step by step from understanding the rules of the brain, how to
break the smoking behavior, and ultimately provide easy techniques for quitting smoking.**

Aim to help anyone in your organization stop this addiction easily.

As a result, to create a healthy work environment.

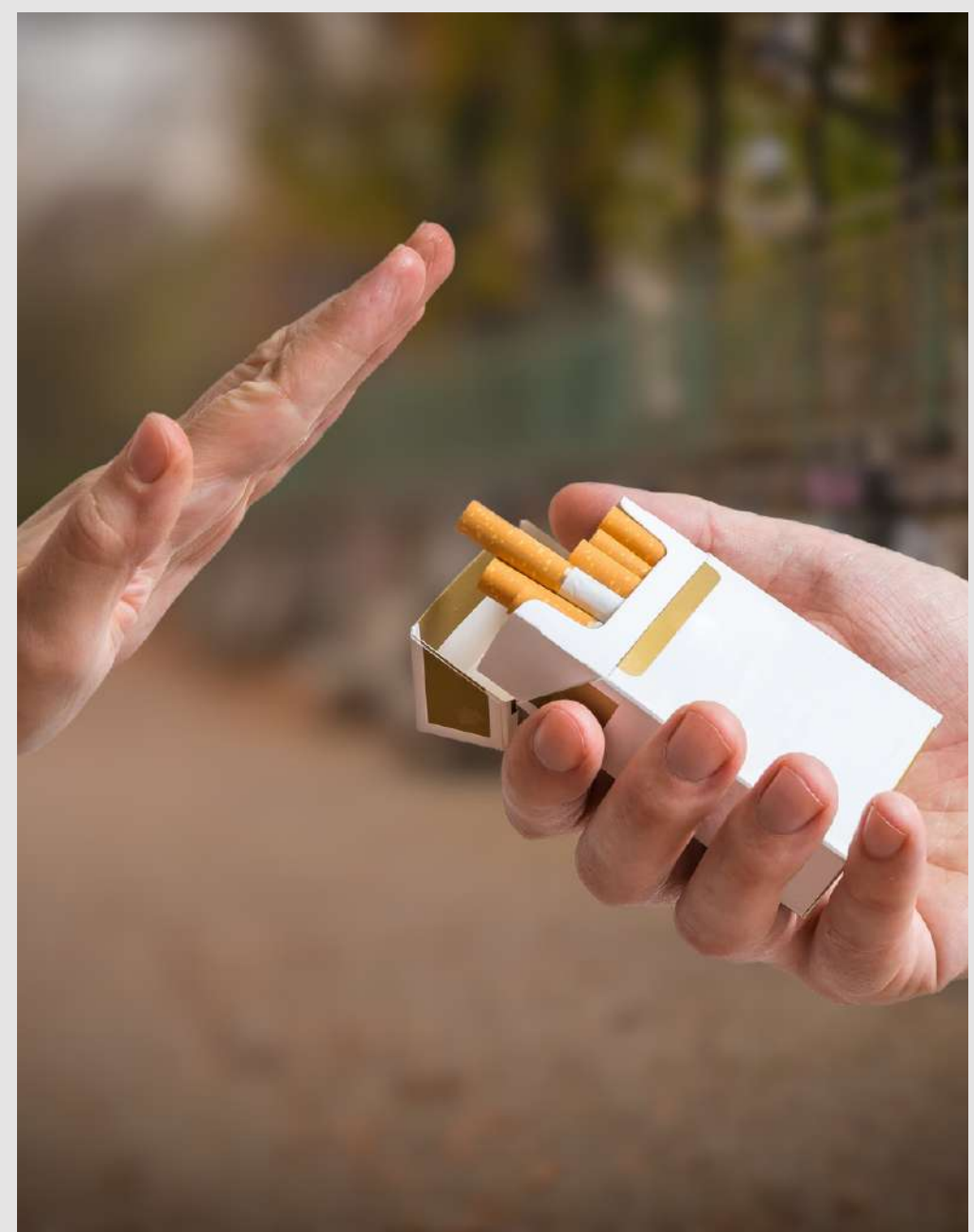


Smoking = Nicotine Addiction?

The answer is NO.
People who smoke for 30 years can quit within one day to one week because psychological dependence is much greater than substance addiction. As long as you know the "secret", smoking cessation is much easier than you imagine.

The Hidden Challenge

People misunderstand quitting smoking is hard because they don't know the hidden challenge that keeps them failing. The workshop will reveal the pitfalls and myths, help your people develop knowledge and skills for smoking cessation.



Get Healthier at Work

Through behavioral and brain science, therapeutic approach with demonstrations, the workshop will help your leaders and staffs understand how to stop smoking quickly and permanently. It's the right time to create a healthy working environment!

What Will You Learn?

HOW TO QUIT SMOKING FAST AND EASY



1 Brain Rules for Stop Smoking

Unveil the Hidden Difficulties

2

3 Deal with Concepts that Most People Misunderstood.

How To Stay Away From Smoking Forever

4

5 Myths About Quitting Smoking

False Mindset That Trap You Back to Smoking

6

7 Techniques for smoking cessation permanently.

About Our Service

HOW TO QUIT SMOKING FAST AND EASY



- Free consultation
- A customized e-poster for the workshop (if needed)
- Duration: 4 hours in total
(Can be conducted in 1 or 2 days)
- Price: HKD\$7,000
(Traffic Expenses Not Included)
- Number of Attendants: Unlimited
- Format: Virtual or In-person
- If you need us to provide a venue, an additional fee will be charged according to the number of people.