

# PANEL DISCUSSION

## "HOW TO SAY GOODBYE TO YOUR COMFORT ZONE"



**10 Feb 6-8pm  
Global Lounge**

**Scan the QR code  
to register:**

**Going out of your comfort zone, your engine  
is always kept warm and running.**

Join this event to speak with :  
Sherman Ho from Happiness initiative  
Caitlyn Lee from University Counselling Centre  
Asher Low from Limitless

