

**Navigate Changes with Resilience.** Join this course to be equipped with the right mindset to develop resilience and personal well-being.

## Course Objectives

This programme combines the science of Mindfulness and EQ to manage stress at work for professionals to:

- Change mindset to develop resilience and personal well-being
- Enable access to their inner resources and centers their mind and action
- Using self as an agent of positive change to support others

## Training Methodology

Skills practice, facilitated classroom training, role play, small group discussions, case studies, experiential learning activities

## Course Outline

### Module 1: Mastering Emotions

- The need to be Emotionally Intelligent
- Strengthening Response-ability – the secret of growth and freedom
- The practice of Mindfulness – Being Present
- Being calm, clear and happy in the midst of whirlwinds

### Module 2: Use-of-Self

- Applying the Use-of-Self mindset to be an agent of positive change
- Supporting self and other reframing the “Change Story”
- Practicing empathy

### Module 3: Developing Resilience

- Beware of your explanatory style in response to setback - reframing
- De-linking situation to personal identity
- Cultivate “Optimism” and “Thankfulness”

## Target Audience

Allied Health Professional, Enrolled Nurse, Registered Nurse, Advanced Practice Nurse, Corporate Services Staff

## Course Time

22 Mar 2021, 9am - 6pm

**Course Fee:** \$251.45 (Including GST) Prevailing course fee subsidy at 90% for Singaporeans/PRs and 45% for Work Pass Holders working in eligible community care organisations.

## Trainers' Profile



**Yeow Chern Han** has 20 years of experience in organizational development consulting and training. As a coach and facilitator, he has helped implemented successful corporate transformation initiatives through intervention such as business review and planning, change management, team building, team coaching, executive coaching and leadership development training. His experience spans across diverse industries including healthcare, pharmaceutical, electronic manufacturing and financial services.

**Khng Teck Khoon (TK)** has more than 20 years of experience in Learning & OD Management. As a facilitator, course developer and team manager, he is people-centric in leadership and an empathetic communicator. His domain expertise includes Culture & Change Management, Leadership and Customer Experience. He has been facilitating programmes for the Community Care sector for the past 5 years, including AIC, Ling Kwang Home and Singapore Christian Home.

## Venue

 Zoom online platform

## Enquiries

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