

BUILDING RESILIENCE DURING A TRANSITION

Course Overview

The professional caregiving environment is full of challenges. It exacts a heavy emotional toll and the impact can be far-reaching. Learn how to manage this so that you can continue to give your best to the people who need you; at the same time, you look after yourself so that you can look after them.

Level: Basic

Who Should Attend

All who are considering to enter the healthcare industry as well as current Healthcare Industry Junior Staff, Supervisory Staff, Executives.

Topics

- Concept of resilience, managing it and practice self-care strategies
- Be aware of their personal tendencies/preferences by doing a personality profiling exercise
- Learn the key components of resilience
- Learn the Stages of Transition
- Learn support strategies for care and management (self and others)

Schedule

9am to 6pm (8hours)

Course Mode: Online Course Via Zoom

Assessment

N.A.

Fees & Funding

Nett Course Fee (Subject to prevailing GST %)	S\$450.00
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Application Procedures

Please email to Mr Dionysius Soh, dionsoh@hmi.com.sg for registration & enquiries.