

Developing a Mental Resilience Strategy for Workplaces

Course Aim

Effective Self-Care Practices for tackling emotionally challenging situations at the Workplace
 Supporting Staff Well-being by recognising the signs of burnout
 Empowering Well-being through navigating Self-Care & with Organizational Support
 Self-care strategies effectiveness, Coping Mechanism and Nurturing Support System

Course Content:

LO 1-Demonstrate emotional resilience by maintaining professional composure & applying self-care practices in demanding situations
 LO 2- Demonstrate awareness of burnout symptoms by identifying potential indicators in staff behaviour and work performance
 LO 3- Develop a balanced approach to well-being by advising colleagues on self-care principles, effective practices, & available organizational support systems
 LO 4- Applying self-care strategies effectiveness, coping mechanisms for long-term stress, and utilizing emotional and practical support systems within the organization for enhancing mental well-being

Assumed Skills and Knowledge:

WPLN- Level 5 or O levels or Diploma.

Experience: Nil,

Target Audience: WSHO/Managers/Line Leaders who are keen in development of mental well-being plan for the organization

Course Language: English, Course Duration: 8 Hours (including 45 mins assessment), 9 AM to 6 PM.

Assessment format and Duration: Written Assessment (15 min), Case Study (30 min).

Passing Criteria – 100% Marks. 100% Attendance is required. Max. class size: 20 Pax.

Course Fee: \$305.20 (Inclusive of GST) Course code: TGS-2024046132

Student Registration form

Company Name				Company Reg. no.	
Company Address				Course Date	
Contact Person Name				Course Language	
Contact Person Email				Course Venue	
Contact Person Mobile		Tel no:		Fax no:	
Participant details					
Participant Name				NRIC / FIN	
Participant Email				Participant mobile no.	
Nationality		Date of Birth		Race	
Designation		Education		Gender	
Salary Range: (1 - Below \$1000, 2 - \$1000-\$1499, 3 - \$1500-\$1999, 4 - \$2000-\$2499, 5- \$2500-\$2999, 6 - \$3000-\$3499, 7 - \$3500 & above)					
Refund Policy: Requests for refund, change or cancellation of course registrations must be submitted in writing and are subject to our terms and conditions. Please refer to our website for our terms and conditions, before registering for the course.					
Absolute Kinetics Consultancy Pte Ltd Tel: 6690 5555				Company seal	
Website: www.sg-akc.com Registration Email: register@sg-akc.com					