

Enhancing Wellness and Resilience: Strategies for Personal Empowerment

Course Aim

Understanding stress & applying effective coping strategies

Building Resilience with Proactive Self-Care & Resources within Your organization

Identifying one's strengths and weaknesses to develop coping strategies for handling stressful situations

The Techniques of Reframing Negative Experiences for Stress Reduction

Course content:

LO 1- Apply coping strategies based on identified stressors in order to mitigate or regulate stress

LO 2- Exercise proactive self-care with emotional support system and resources within the organisation

LO 3- Demonstrate self-care resilience by conducting self-assessments, developing self-care plans using prescribed procedures, and employing coping strategies to manage stress

LO 4- Reframing negative experiences to mitigate or regulate stress levels

Assumed Skills and Knowledge:

WPLN- Level 5 or O levels or Diploma.

Experience: Nil,

Target Audience: Anyone keen in mental resilience.

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

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

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

Course Fee: \$256.15 (Inclusive of GST) Course code: TGS-2024046133

Student Registration form

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|-----------------------|--|---------|--|------------------|--|
| 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

Website: www.sg-akc.com Registration Email: register@sg-akc.com

Company seal