

Mastering Your Mental Compass: A guide to Self-Awareness and Growth

Course Aim

Development of personal growth mindset for improvements by identifying ones' personal strengths and weaknesses
 Create self-awareness which is the cornerstone of self- improvement
 Significance of Self-assessment and Self-monitoring to master one's mental compass
 Recognising one's limitations and boundaries

Course content:

LO 1: Importance of knowing personal strengths and weaknesses for growth mindset
 LO 2: Understanding Basic Mindfulness and Self-Awareness
 LO 3: Insights of Self-Assessment and Self-Monitoring
 LO 4: Knowing one's limitations and boundaries so as to seek professional help if required

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: \$272.50 (Inclusive of GST) Course code: TGS-2024049595

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					