

# 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

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: Request for refund must be submitted in writing, before the course date. Refund of course fees is subject to our terms and conditions (refer website)					
Absolute Kinetics Consultancy Pte Ltd Tel : 6690 5555				Company seal	
Website: <a href="http://www.sg-akc.com">www.sg-akc.com</a> Registration Email: <a href="mailto:register@sg-akc.com">register@sg-akc.com</a>					