

# Mental Wellbeing Champion at the Workplace

## Course Aim:

- Identifying recurrent Issues Affecting Team and Professional Well-being
- Implementing a holistic framework for Self-Care
- Coaching and counselling techniques for stress management
- Empowering Well-Being with Self-Care Strategies for Resilience and Burnout Prevention.

## Course content:

LO1: Identify constant and deep-seated matters or events that affected the health and well-being of teams and professionals

LO2: Implement a holistic framework for self-care and to influence members in the organisation to practice effective self-care

LO3: Coach professionals in managing their stress and counsel those who are in distress

LO4: Facilitate self-care activities to help professionals and teams build resilience and overcome barriers to effective management of health and well-being in order to help them avoid burnout

## Assumed Skills and Knowledge:

WPLN- Level 5 or O levels or Diploma,

Experience: Nil,

Computer Literacy: Able to use computer and use presentation software

Target Audience: WSHO/Supervisors/Managers/Employees who are keen in peer-to-peer support at workplace.

Course Language: English, Course Duration: 16 Hours (including 1 hr 15 mins assessment). Day 1 & 2 – 9 AM to 6 PM.

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

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

Course Fee: \$485.05 (Inclusive of GST) Course code: TGS-2024041343

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