

# 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: 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					