

KICKSTART YOUR 2022 WITH SELF-CARE!

NEW YEAR,
NEW YOU!



Make self-care a priority this year! Our suite of **mental wellness courses** will equip you with practical tips and tools to care for yourself and your loved ones. Learn to juggle everyday work and home stress in 2022.

Sign up now for our programmes and **get useful insights** on how to better **manage stress and anxiety**, and foster skills needed for **mental resilience**.

YOUR MENTAL WELLNESS IS IMPORTANT

Mental wellness has been affecting people of all ages and walks of life.

Did you know that one in five young people surveyed by the National Youth Council (NYC) have been reported as saying that their mental well-being was poor or very poor?

On the organisational side, 77 per cent of more than 1,000 survey respondents from various sectors have also reported feeling more concerned about their mental health now than they did before the pandemic.

So why wait? Take that **first-step** towards self-care.

Get a quick look at our courses below!

OUR OFFERINGS

FOR MANAGERS AND LEADERS:

Gain knowledge and practical tools to create a safe and open culture that supports your team's wellbeing and performance



- **For Managers: Enhancing Mental Wellness and Performance**
- **Resilient Leadership – Focus, Agility and People Skills for Uncertain Times**

FOR PARENTS AND TEACHERS:

Understand the role of technology on youth's psychology and development, and learn how to support cyber-wellness on remote platforms



- **Youtech: Youth and Technology**

FOR INDIVIDUALS:

Upgrade your emotional intelligence and learn how to cope with anxiety and uncertainty for greater personal effectiveness



- **Mental Wellness: Practical Tools to Safeguard and Enhance Yours**
- **Building Mental Resilience and Growth Mindset**

REGISTER FOR OUR MENTAL WELLNESS COURSES TODAY!



*SkillsFuture Credit/Funding available.
Terms and conditions apply.



Support Us!

