



@ASK Training
Attitude | Skills | Knowledge

Building Personal Resilience and Wellbeing

Course Code:

ASKBPR

Course Duration:

1 day (8 hours), 9.00am - 5.00pm

Course Fee:

\$650 (\$702.00 Inc. 8% GST) per participant

Course Venue:

Hotel

Course Dates:

<https://asktraining.com.sg/course-calendar/>



Course Synopsis

A recent study by the National University of Singapore, in collaboration with the Education Ministry and the Institute of Mental Health (IMH) found that one in three youth in Singapore has reported internalising mental health symptoms such as sadness, anxiety and loneliness. In a separate mental health survey conducted by IMH in 2018, it was reported that about 14% of Singaporeans have experienced some form of mental health condition in their lifetime. The survey reported that a staggering 78.4% of individuals with mental health conditions never actually seek any form of professional treatment.

In another study by Mind Share Partners, SAP, and Qualtrics, found that about half of millennials and 75% of Gen Zers have left a job because of mental health reasons. Mental health which is one of the dimensions of holistic wellness can greatly impact on work performance and employee happiness if not treated. A study by Duke-NUS Medical School and IMH suggested that mental health could cost Singapore about S\$16 billion a year.

Resilience which is an individual's capacity to adapt, recover, and bounce back from adversity, difficult situations, and setbacks, contributes to a person's wellbeing through effective coping strategies to manage stress, anxiety, and other challenges. Resilient individuals are more likely to maintain positive mental health, engage in healthier behaviors, and foster stronger social connections, all of which are essential components of wellbeing.

The 1-day workshop aims to help participants in identifying their personal strengths and areas for growth as well as to apply coping strategies and to develop actionable plan to enhance resilience and wellbeing.

Course Objectives

At the end of this course, learners will be able to:

- Understand the interplay between resilience and wellbeing.
- Identify personal strengths and areas for growth in resilience and wellbeing.
- Apply practical coping strategies to enhance emotional, cognitive and adaptive resilience.
- Develop an actionable plan for ongoing resilience and wellbeing.

Course Outline

Resilience and Wellbeing

- Define and explore the connection between resilience and wellbeing
- Self-assess resilience and wellbeing to evaluate current levels of resilience and wellbeing for improvement.

Building Your Resilience

- Understanding the three components of resilience: emotional, cognitive and adaptive resilience
- Emotional Resilience: Managing emotions, healthy coping strategies and maintaining positive outlook.
- Cognitive Resilience: Belief in adaptability, problem solving and seeking setbacks as opportunities.
- Adaptive Resilience: Adapting to new situations, building confidence and effective problem solving.

Action Planning for Ongoing Resilience and Wellbeing

- Creating an action plan and setting personalized goals for enhancing resilience and holistic wellness.