

Training Provider	
SINGAPORE PROFESSIONALS' AND EXECUTIVES' CO-OPERATIVE LTD (SPEC)	
Course Summary	
Course Title	Enhancing Mental Wellness: A Practical Non-Medical Approach for Caregivers
Language	ENGLISH
Duration of course	7 Hours
Name of Trainer	Ms Josey Koh
Course Details	
Course Overview	This one-day workshop is designed to equip caregivers with practical knowledge and tools to better manage their emotions, recognize signs of stress and burnout, and prioritize self-care—ensuring they can continue providing effective and compassionate care to seniors and others.
Course Objective	1. Understand key concepts of mental wellness and the caregiver's influence. 2. Recognize signs of emotional distress and burnout in both caregivers and care recipients. 3. Apply practical non-medical strategies to promote mental wellness, such as active listening, validation, routine-building, and stress-reduction techniques. 4. Utilize mindfulness, gratitude, and strengths-based approaches in caregiving. 5. Develop a personalized caregiver wellness plan to enhance their own mental well-being.
Topics Covered	Understanding Mental Wellness in Caregiving • Defining mental wellness vs. mental illness • Emotional and psychological challenges faced by caregivers Emotional Awareness and Communication Skills • Identifying stress, anxiety, and emotional fatigue • Active listening, empathy, and validation techniques • Managing difficult emotions in caregiving situations

	Wellness Strategies for Care Recipients • Routines, environments, and small actions that support mental well-being • Using music, art, movement, and nature as therapeutic tools • Encouraging autonomy and social connection Preventing Caregiver Burnout • Stress and burnout warning signs • Self-care strategies tailored for caregivers • Building support networks and knowing when to seek help Mindfulness and Resilience Building • Guided relaxation and breathing techniques • Practicing gratitude and positive reframing • Cultivating personal resilience and purpose The importance of being happy • Our daily essence : positive psychology • Lets manage and achieve it ! (Time management, action plan, goals setting) • Belief in yourself • Take action and sees results
Learning Outcome	At the end of the course, participants will be able to: • Define the concept of mental wellness and explain its importance in the caregiving context. • Identify common signs of emotional distress, burnout, and mental health decline in both care recipients and caregivers. • Demonstrate effective non-medical strategies such as active listening, validation, and empathy to support emotional well-being. • Apply simple daily practices—including structured routines, creative engagement, and social connection—that promote mental wellness in care recipients. • Practice stress reduction and mindfulness techniques such as deep breathing, body awareness, and gratitude exercises. • Create a personalized caregiver self-care and wellness plan to prevent burnout and promote long-term emotional resilience. • Recognize the value of setting healthy boundaries and seeking external support when needed.

Delivery Method	a) Lecture : 3 hrs (1.5 hrs each before lunch and after lunch) b) Group discussion : 3 hrs c) Activities : 30 minutes (guided exercises and wellness activities) d) Individual work : 30 minutes (take action, 30 minutes of planning)
Target Audience	This course is suitable for everyone, as well as caregivers who are keen to pick up tips to improve their daily life in a more positive and happier way.
Trainer Information	a) Graduate Diploma in Applied Positive Psychology and Mindfulness b) Laughter Yoga Leader c) Certificate for C2C, Persons with Mental Health Issues (by Caregiver Alliance) d) Certificate for Strengthening Your Wellness and Resilience (by NTUC Learning Hub) e) More than 10 years of training experience (clients from SingHealth Group, Institute of Mental Hospital, Seng Kang General Hospital, Alexandra Hospital, Yishun Community Hospital, Singapore Changi Prison, Ministry of Education, Money Max, Chopard, etc) f) ACTA certified, Discovery Coach, Enneagram Practitioner, Motivational Speaker