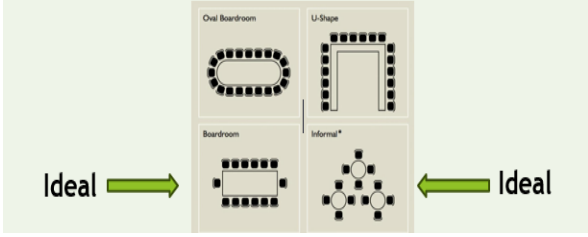


Singapore Professionals and Executive Cooperative Limited	
Course Summary	
Course Title	<b>T-kebana, from Foraging to Fantastic Table-top Creations.</b>
Language	<b>ENGLISH</b>
Duration of course (Total hours over no. of sessions)	<b>7</b>
Course Details	
<b>Course Description (100 Words)</b>	<p>The T-kebana is a twist on the art of Ikebana. It uses the principles of minimalism of Ikebana. The beauty of T-kebanas is that, it uses materials from nature, and from common household items, hence making them <b>sustainable and affordable to make (with minimal cost)</b></p> <p>The course <b>strives to inculcate the love of nature and nature-based activities</b>, so that participants can reap <b>the therapeutic benefits of nature</b>.</p> <p>Due to its various components of delivery: slides, demonstration, hands-on activity and group discussion, <b>it addresses the goals of mindfulness, cognitive function, sensory and motor function and positive social interaction</b>.</p> <p>This course is <b>relevant to all age groups</b> of the population.</p>
<b>Course Objectives</b>	<ul style="list-style-type: none"> <li>• To ignite a creative spark in the participants for love of nature, for mental and physical well-being.</li> <li>• Positive social interaction</li> <li>• Sustainability</li> <li>• Digital detox</li> <li>• Awareness that a hobby can be affordable</li> </ul>
<b>Topic/ Course Outlines:</b>  Example: Topics covered: <u>Session1:</u> a) Introduction to..(1hr) b) Learn about the benefits of...(3 hrs)	<p>a) <b>Introduction</b> and ice-breaker (30 mins).</p> <p>b) <b>Topics</b> : (1.5 hours)</p> <ul style="list-style-type: none"> <li>○ The T-kebana story</li> <li>○ Benefits of nature therapy</li> <li>○ Dos and Don'ts</li> <li>○ Tools</li> <li>○ Materials</li> <li>○ Techniques</li> <li>○ Color harmonization</li> <li>○ Disposing the T-kebana</li> </ul>
<b>Learning Outcomes</b>  Learning outcome: 1. Understand senior psychology... 2. Participant can create a questionnaire	<p>The workshop will enable participants to:</p> <ol style="list-style-type: none"> <li>1. Familiarize with the possible tools to be used.</li> <li>2. Gain knowledge about the various natural materials to use.</li> <li>3. Become competent in the various techniques of assembling the T-kebanas.</li> <li>4. Learn about colour harmonisation.</li> </ol>

<p>3. <i>Can talk in dialect</i></p>	<p>5. Know about disposal of the T-kebana.</p>
<p><b>Training Delivery Method</b></p> <p>Example:  <i>Lecture : 2hrs</i>  <i>Group discussion: 8 hr</i>  <i>Tutorial : 2hr (Role play)</i>  <i>Presentation: 3 hrs (group)</i>  <i>Workshop: Fitness machine</i></p>	<div style="text-align: center;">  </div> <ol style="list-style-type: none"> <li>1. <b>Lecture (Slides) (1.hr)</b></li> <li>2. <b>Demonstration (1 hr)</b></li> <li>3. <b>Hands-on: 2 T-kebanas minimum (2 hrs)</b></li> <li>4. <b>Discussion</b> about their own T-kebanas, they created today (1 hr)</li> <li>5. <b>Wrap up: (30 mins)</b></li> </ol> <p>( with two 15 min toilet breaks + 1 hr lunch break = 7 hrs)</p>
<p>How the training can help workers to be more employable e.g. able to secure a new and/or better job after training</p>	<p>T-kebana, is an eco-friendly, sustainable creation, which marries the art of Ikebana, with one's own creativity, which leads to fantastic creations. This is a unique skill to have when applying for a Florist position or for individuals who own their florist shop. T-kebana making is also a nature-based activity, which helps with mental-wellness, thus increasing productivity of a person,. Increased productivity at work, helps in employee/employer satisfaction.</p> <p>- <b>Entrepreneurship:</b></p> <ol style="list-style-type: none"> <li>1. Individuals, who are unable to go out to work (mothers of young kids, individuals who are carers for their family, individuals with social anxiety, etc.) can make the T-kebanas at home, at an economical cost, and sell them, to earn an income.</li> <li>2.If one is caring for special needs individuals and learn the T-kebanas, they can in turn teach their wards and help them earn a living.</li> </ol>