

<b>Training Provider</b>	
<b>Singapore Professionals and Executive Cooperative Limited</b>	
<b>Course Summary</b>	
Course Title	<b>The Resilience Journey: Emotional Clarity for PMETs Workshop</b>
Language	<b>ENGLISH</b>
Duration of course (Total hours over no. of sessions)	<b>7</b>
<b>Course Details</b>	
<b>Course Description (100 Words)</b>	<ul style="list-style-type: none"> <li>• In this 1-day experiential workshop, discover how to quiet mental noise, overcome self-doubt, and think with clarity.</li> <li>• Using evidence-based methods from Cognitive Behavioural Therapy (CBT) and Hypnotherapy (CBH), you'll learn practical tools to reframe unhelpful thoughts, calm emotional tension, and strengthen your inner resilience.</li> <li>• Designed for PMETs seeking focus, purpose, and renewed motivation, this guided journey empowers you to respond to life's challenges with confidence and calm.</li> <li>• Participants will also gain insights into CBH as a potential career path for helping others.</li> </ul>
<b>Course Objectives</b>	To help participants gain clarity, recognise unhelpful patterns and apply practical CBT and CBH techniques to reframe thoughts, regulate emotions and take purposeful action one small step at a time.
<b>Topic/ Course Outlines:</b>  Example: Topics covered: <u>Session1:</u> a) Introduction to...(1hr) b) Learn about the benefits of...(3 hrs)	<p><b>Morning Session (10a – 1p)</b></p> <ol style="list-style-type: none"> <li>1. Introduction to understanding thoughts, emotions &amp; behaviour (1hr)</li> <li>2. Identifying unhelpful mental patterns (1hr)</li> <li>3. Reframing beliefs &amp; building resilience (1hr)</li> </ol> <p><b>Afternoon Session (2p – 6p)</b></p> <ol style="list-style-type: none"> <li>4. Calming body and mind through guided CBH practice (2hrs)</li> <li>5. Sustaining growth with practical daily tools (1hr)</li> <li>6. Reflection (1hr)</li> </ol>
	The workshop will enable participants to:

	<ol style="list-style-type: none"> <li>1. Gain mental clarity and self-awareness to make informed decisions.</li> <li>2. Recognise and disrupt recurring thought and behaviour patterns that cause stress or stagnation.</li> <li>3. Reframe unhelpful thoughts into constructive, empowering actions.</li> <li>4. Apply practical CBT and CBH techniques to calm the mind, restore energy, and strengthen focus.</li> <li>5. Build emotional resilience and confidence to handle challenges with balance.</li> <li>6. Create an actionable plan for personal growth — one small, sustainable step at a time.</li> </ol>
<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>	<p><b>Training Delivery (7 hours total):</b></p> <ul style="list-style-type: none"> <li>• Interactive Lecture &amp; Concept Framing – 1.5 hrs</li> <li>• Guided Reflection &amp; Group Discussion – 1.5 hrs</li> <li>• Experiential CBT/CBH Practice – 2 hrs</li> <li>• Peer Learning &amp; CBH-AI Application Exercises – 1 hr</li> <li>• Action Planning &amp; Integration – 1 hr</li> </ul>
<p><b>Trainer details:</b></p> <p>About 50-80 words, stating the Trainer’s experience in the relevant subject matter, relevant work and/or teaching experience, and professional qualification (if any):.</p>	<ul style="list-style-type: none"> <li>• Trainer is an accomplished psychotherapist and Specialist Adult Educator with over 15 years of experience in adult learning, counselling, and behavioural therapy.</li> <li>• A certified Cognitive Behavioural Hypnotherapist (ICCHP) and IAL-AEP educator, he empowers professionals to build emotional resilience, clarity, and confidence through evidence-based psychological methods and experiential learning.</li> </ul>
<p>X How the training can help workers to be more employable and enhance employment</p>	<ul style="list-style-type: none"> <li>• This training helps workers become more employable by strengthening their mental clarity, emotional resilience, and adaptability required in today’s dynamic workplace.</li> <li>• By learning to recognise and reframe unhelpful thought patterns through CBT and CBH techniques, participants develop greater focus, confidence, and problem-solving ability.</li> <li>• These skills enable them to handle stress, communicate effectively and make better decisions at work.</li> </ul>

	<ul style="list-style-type: none"> <li>As a result, not only will they perform more effectively in their current roles but they will also project confidence and readiness for future career opportunities.</li> </ul>
Y Content is updated and relevant to the specialization	<ul style="list-style-type: none"> <li>The workshop integrates evidence-based approaches from Cognitive Behavioural Therapy (CBT) and Cognitive Behavioural Hypnotherapy (CBH) with most recent findings.</li> <li>According to a 2024 <i>Straits Times</i> study, 47% of Singapore workers feel mentally or physically exhausted after work, with two-thirds showing at least one sign of burnout.</li> <li>This underscores the workshop's relevance in equipping PMETs with practical tools to manage stress, sustain energy, and stay employable in a fast-changing environment.</li> </ul>
Z The training is certifiable/recognized by the industry:	<ul style="list-style-type: none"> <li>Cognitive Behavioural Therapy (CBT) is widely used in established institutions such as the Institute of Mental Health (IMH) and is supported by extensive research from leading universities.</li> <li>Upon completing the course, participants receive a joint certificate issued by SPEC and The Psychology Clinic.</li> <li>This certification not only recognises their learning but also allows those interested to continue their training toward becoming an internationally accredited Cognitive Behavioural Hypnotherapy (CBH) practitioner, providing a credible pathway for pursuing a career in the helping professions.</li> </ul>
Full Name of Trainer	<p>Chan Say Piu, 曾思嫻</p> <p>Specialist Adult Educator, AEP , ICIP , RMC MBA, BSc, P.DHyp, ACTA, DACE, CWLS, CWC, DiSC Certified</p>