

Training Provider	
Singapore Professionals and Executive Cooperative Limited	
Course Summary	
Course Title	MIndPowered Coaching for PMETs: Unleashing the power of Resilience for Growth and Development
Language	ENGLISH
Duration of course (Total hours over no. of sessions)	7 hours
Course Details	
Course Description (100 Words)	This course equips participants to fosters mindset change with essential skills to embrace Change and achieve Resilience. Through a blend of theories and practice, PMETs will understand what MindPowered Coaching is and how it can be applied to unlock Innovation through Cognitive Mastery. Practice skills that help gain personal mastery over individual Professional Life, Improve Quality of Work with Better Thinking through finding the Gateway for mentoring and coaching excellence. Work with AI on the digital space. Achieve emotional resilience with mental agility and emotion soul balance. Find the breakthrough in problem solving and decision making
Course Objectives	MindPowered Coaching for Professionals is designed to enable participants to learn 22 techniques ranging from setting goals and developing skills to achieve these goals to forming positive habits to ensure a sustainable change in life spanning across personal and professional growth that leads to successful outcomes. Participants learn to gain mastery of the techniques to apply in their personal lives and /or at the workplace.
Topic/ Course Outlines:	Session 1 (1 hour) Introduction to MindPowered Coaching: Neuroscience and how our Brain functions that affects our total well being
Example: <i>Topics covered:</i> <u>Session1:</u> a) Introduction to..(1hr)	Session 2 (3 hours) Learn about the MindPowered Model and Process and how to achieve through coaching

b) <i>Learn about the benefits of....(3 hrs)</i>	Understand overall MindPowered Principles Session 3 (3 hours) Apply total MindPowered coaching model and process to achieve set goals Work towards desired outcomes
Learning Outcomes <i>Learning outcome:</i> 1. <i>Understand senior psychology...</i> 2. <i>Participant can create a questionnaire</i> 3. <i>Can talk in dialect</i>	The workshop will enable participants to: 1. Learn how MindPowered Coaching revolutionizes Innovation for the individual through self-discovery 2. Identify the “gaps” individuals have that prevent them from progressing in their lives ... e.g. how to resolve conflict creatively through balancing our Mind, Emotion and Soul 3. Empower lifelong learning through the MindPowered process, and more
Training Delivery Method 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>	Mixture of lectures, group discussions, facilitated presentations, simulations, role play, self-reading, etc Lecture: 2.5 hours Case study and Group Discussion: 2.5 hours Presentation and role play: 2 hours
Trainer details: 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):.	PhD (Education) University of Hull, UK and a Doctorate in Leadership and Management (honoris causa) London Business School. Practicing Certified Management Consultant and Academic Fellow with the International Council of Management Consulting Institute and Adjunct Associate Faculty at NTU, SUSS-IAL, and Duke. Founder of MindPowered® Coaching based on neuroscience research. Received the National Covid Resilience Award for operational excellence from the Ministry of Health. A Behavioral Psychologist with Certified Human Behavioral Analyst credentials from the Leadership Institute of America. Accredited ICF Executive Coach, Coach Educator, and Adult Educator Mentor at SUSS-IAL.
X How the training can help workers to be more employable and enhance employment	Through learning the techniques, participants will be able to have an empowered mind to accelerate performance e.g. in sales, communicate more effectively, better time manage, offer enhanced services, working better with others as a team, be mentally more well balanced with emotion and soul i.e. the Will to Act, negotiate better and be more entrepreneurial in thinking in the age of AI.

Y Content is updated and relevant to the specialization	Facilitator is Author of book MindPowered Coaching Unlocking Innovation through Cognitive Mastery 2025
Z The training is certifiable/recognized by the industry:	MindPowered Coaching provides a comprehensive framework for professionals seeking to enhance their performance and drive innovation within their organizations. By focusing on mindset and cognitive strategies, it equips individuals with the necessary tools to thrive in a rapidly changing professional landscape.