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Mental Wellbeing	Capacity Building Workshop	<p>Title Introduction to Peer Support</p> <p>Synopsis This two-hour workshop is designed to provide participants with the necessary knowledge and skills to become a successful peer supporter. In this workshop, participants will gain a clear understanding of their role as a peer supporter and develop foundational knowledge of mental health. Through interactive activities and practical exercises, attendees will learn to recognize signs and symptoms of common mental health issues, and how to appropriately refer individuals for further help.</p> <p>Participants will be equipped with general peer support skills for basic emotional support, enabling them to provide practical support to individuals struggling with mental health issues. This workshop is designed to provide attendees with the tools they need to be effective peer supporters, even with limited time and resources.</p> <p>By the end of this workshop, attendees will have a better understanding of their role in supporting others, and the confidence to provide basic emotional support to those in need.</p>	Physical or Virtual	2 hours	Min 15 pax Max 40 pax	 <p>Blended Concept Pte Ltd</p>  <p>Empatho Pte Ltd</p>
		<p>Title Introduction to Psychological First Aid</p> <p>Synopsis The two-hour workshop on Introduction to Psychological First Aid (PFA) is designed to provide participants with a comprehensive overview of the topic. The workshop will cover the basics of PFA, including an overview of the process, crisis reactions, and how to target support. Participants will learn about the importance of PFA and how it can be used in times of distress. They will also gain an understanding of techniques for providing emotional support, learn about recognizing signs of distress and how to respond, and be equipped with strategies for assisting those in need.</p> <p>At the end of the workshop, participants will have the skills and knowledge necessary to confidently and successfully provide psychological first aid.</p>				 <p>Blended Concept Pte Ltd</p>  <p>Empatho Pte Ltd</p>
		<p>Title Basic Attending Skills in Crisis Situation</p> <p>Synopsis This two-hour workshop will provide participants with the necessary skills for attending to crisis situations. It will cover basic attending skills, such as active listening, crisis attending, validating skills, and responding to expressions of emotion. Participants will learn how to apply these skills in a crisis situation, and will gain an understanding of how to create a safe and supportive environment for those in need. The workshop will also cover how to identify and respond to signs of distress, how to recognize when a person is in need of further help, and how to refer them to appropriate resources.</p> <p>At the end of the workshop, participants will have the skills and knowledge necessary to confidently and successfully provide crisis attending skills.</p>				 <p>Blended Concept Pte Ltd</p>  <p>Empatho Pte Ltd</p>







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Mental Wellbeing	Capacity Building Workshop	<p><u>Title</u> Helping a peer in crisis</p> <p><u>Synopsis</u> This two-hour workshop is designed to provide participants with the necessary skills to help a peer in crisis. Throughout the workshop, attendees will be introduced to the principles of supportive conversations and practical help, which are used to help individuals feel heard, validated, and supported. Participants will also have the opportunity to engage in role-play exercises, where they can practice applying these principles in a safe and supportive environment.</p> <p>At the end of the workshop, participants will be able to apply their new skills in a variety of situations and will have the confidence to provide meaningful support to their peers in times of distress. With the skills and knowledge acquired from this workshop, participants will be able to make a real difference in the lives of their peers.</p>	Physical or Virtual	2 hours	Min 15 pax Max 40 pax	 Blended Concept Pte Ltd
		 Empatho Pte Ltd				
Mental Wellbeing	Capacity Building Workshop	<p><u>Title</u> Anger Management</p> <p><u>Synopsis</u> This two-hour workshop on Anger Management is designed to help participants identify and manage their anger more effectively. Throughout the workshop, attendees will learn about the importance of recognizing and understanding their irrational beliefs and physiological responses, which can contribute to feelings of anger. Participants will also gain insight into their anger warning signs and learn safe coping strategies to manage their anger in a healthy manner.</p> <p>This workshop is suitable for individuals who would like to learn how to manage their anger better, including those who have difficulty controlling their anger, those who are in a relationship with someone who struggles with anger, and those who simply wish to become better at managing their anger. By attending this workshop, you will acquire knowledge and skills that will enable you to recognize and manage your anger more effectively and in a healthier way.</p>	Physical or Virtual	2 hours	Min 15 pax Max 40 pax	 Blended Concept Pte Ltd
		 Empatho Pte Ltd				
Mental Wellbeing	Capacity Building Workshop	<p><u>Title</u> Introduction to Mindfulness</p> <p><u>Synopsis</u> This two-hour workshop on Introduction to Mindfulness is designed to help participants learn about the practice of mindfulness and its many benefits, and how a regular mindfulness practice can improve their mental and emotional wellbeing. Participants will also learn how to practice mindfulness effectively, including the techniques and resources available to support them.</p> <p>This workshop is suitable for individuals who are interested in learning about mindfulness and want to incorporate mindfulness practices into their daily lives. By attending this workshop, you will gain knowledge and skills that will enable you to start a regular mindfulness practice and experience the benefits of this practice for yourself.</p>	Physical or Virtual	2 hours	Min 15 pax Max 40 pax	 Blended Concept Pte Ltd
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Mental Wellbeing	Capacity Building Workshop	<p><u>Title</u> Art of Self Care</p> <p><u>Synopsis</u> This two-hour workshop on Art for Self-Care is designed to help participants understand and experience the power of self-expression through art. Throughout the workshop, attendees will have a hands-on session where they can engage in creative activities and explore different art mediums. Participants will learn how art can be used as a tool for self-care, stress reduction, and emotional regulation.</p> <p>This workshop is suitable for individuals who are interested in exploring different ways of self-care and those who want to learn how to use art as a form of self-expression. By attending this workshop, you will have the opportunity to engage in a variety of creative activities, experience the benefits of art for self-care, and learn practical skills to incorporate art into your self-care routine.</p>	Physical or Virtual	2 hours	Min 15 pax Max 40 pax	 Blended Concept Pte Ltd
		 Empatho Pte Ltd				
Mental Wellbeing	Capacity Building Workshop	<p><u>Title</u> Increasing Employee Engagement</p> <p><u>Synopsis</u> Employee engagement is an important factor in any successful organization, but it can be difficult to maintain. This two-hour workshop will provide insights and strategies to increase employee engagement in your workplace.</p> <p>Participants will gain an understanding of the importance of emotional support in the workplace and how to encourage and offer support to colleagues. The workshop will also cover the significance of taking breaks and providing employees with opportunities to determine their own pace and order of tasks. Additionally, participants will learn how to recognize and address workplace stressors that may impact engagement and productivity. The workshop will provide practical tips and techniques for increasing employee engagement, such as effective communication and feedback, recognition and rewards, and promoting work-life balance. By the end of this workshop, you will have the tools and strategies to create a more engaged and productive workplace.</p>	Physical or Virtual	2 hours	Min 15 pax Max 40 pax	 Blended Concept Pte Ltd
		 Empatho Pte Ltd				
Mental Wellbeing	Capacity Building Workshop	<p><u>Title</u> Check in session with peer supporters</p> <p><u>Synopsis</u> This two-hours check-in session is designed to provide trained peer supporters with the necessary tools and strategies to effectively manage their peer supporting journey in a sustainable way, without jeopardizing their own physical and mental health. This session will include discussion and scenarios to help participants identify potential challenges and learn from each other. Furthermore, the session will also provide an opportunity for peer supporters from different settings (e.g. schools, workplaces, community) to widen their network of support.</p> <p>The discussion will focus on the challenges in providing peer support, as well as how to effectively process and manage negative thoughts shared by peers. Additionally, participants will learn strategies to continue conversations with peers who may be hesitant to open up, as well as knowing when it is appropriate and necessary to cease peer supporting.</p>	Physical or Virtual	2 hours	Min 15 pax Max 40 pax	 Blended Concept Pte Ltd
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Mental Wellbeing	Talks	<p><u>Title</u> Stress Management and Mindfulness</p> <p><u>Synopsis</u> This one-hour Stress Management and Mindfulness talk provides participants with practical tools and techniques to manage stress effectively. Participants will learn about the nature of stress, its impact on our well-being, and how to become more aware of stress triggers and responses. The talk will also cover stress management tips and signs of stress, including behavioral, cognitive, emotional, and physical symptoms.</p> <p>The talk introduces mindfulness as an effective tool for reducing stress, exploring its benefits on stress reduction, interpersonal relationships, and work productivity. Participants will experience different mindfulness exercises, such as mindful breathing, and learn how to apply them in their daily lives, including techniques for "letting go." By the end of the talk, participants will have gained practical stress management strategies and mindfulness techniques that they can use to improve their overall well-being and manage stress effectively in their daily lives.</p>	Physical or Virtual	1 hours	Min 15 pax Physical Max 100pax Virtual Max: 1000pax	 Empatho Pte Ltd
		 Minmed Group Pte Ltd				
Mental Wellbeing	Talks	<p><u>Title</u> Resilience</p> <p><u>Synopsis</u> This one-hour Self-care Holistic Health talk focuses on introducing the concept of holistic well-being, with mental health as a primary focus. Participants will learn about the importance of self-care in achieving optimal health and well-being, covering topics such as sleep, nutrition, physical activity, and more.</p> <p>The talk will help participants develop and change unhealthy habits, finding the motivation to succeed and setting and monitoring health goals. Participants will learn practical strategies for creating and maintaining healthy habits, including ways to identify and overcome obstacles to change. By the end of the talk, participants will have gained insights into holistic health, developed a personalized plan for self-care, and learned strategies for achieving optimal health and well-being.</p>	Physical or Virtual	1 hours	Min 15 pax Physical Max 100pax Virtual Max: 1000pax	 Empatho Pte Ltd
		 Minmed Group Pte Ltd				
Mental Wellbeing	Talks	<p><u>Title</u> Mindfulness Program</p> <p><u>Synopsis</u> This one-hour Mindfulness Program provides participants with an introduction to mindfulness as an effective tool for managing stress. The talk covers the signs of stress, how stress arises, and the benefits of mindfulness, including its effects on stress reduction, interpersonal relationships, and work productivity.</p> <p>Participants will experience different types of mindfulness exercises, such as mindful breathing, and learn how to apply them in their daily lives, including techniques for "letting go." By the end of the talk, participants will have gained practical mindfulness techniques that they can use to reduce stress and improve their overall well-being, along with tips for incorporating mindfulness into their daily routine.</p>	Physical or Virtual	1 hours	Min 15 pax Physical Max 100pax Virtual Max: 1000pax	 Empatho Pte Ltd
		 Minmed Group Pte Ltd				

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Mental Wellbeing	Talks	<u>Title</u> Good Sleep Management	Physical or Virtual	1 hours	Min 15 pax Physical Max 100pax Virtual Max: 1000pax	 Empatho Pte Ltd  Minmed Group Pte Ltd
		<u>Synopsis</u> In this one-hour Good Sleep Management talk, participants will learn about the benefits of having sufficient, quality sleep and how to improve their sleep habits. The talk includes a self-assessment to identify any existing sleep problems and practical tips for better sleep, such as how to power down and create an optimal sleep environment.				
		Participants will also learn about the factors that lead to sleep problems, including bad habits that can interfere with quality sleep, and tailored sleep tips for different job natures such as shift work, international trading, and frequent traveling. The talk will cover common sleep disorders like sleep apnea and insomnia and provide information on where to seek help if needed. By the end of the talk, participants will have a better understanding of the importance of good sleep and practical tools to improve their sleep habits for better overall well-being.				
Mental Wellbeing	Talks	<u>Title</u> Managing Emotions	Physical or Virtual	1 hours	Min 15 pax Physical Max 100pax Virtual Max: 1000pax	 Empatho Pte Ltd  Minmed Group Pte Ltd
		<u>Synopsis</u> In this one-hour program, participants will learn how to manage their emotions in a healthy way. They will start by identifying different emotions such as sadness, anxiety, anger, and happiness. Practical tools will be provided to help them recognize and understand their emotions. Then, participants will learn healthy ways to manage their emotions, such as practicing mindfulness, deep breathing exercises, and positive self-talk.				
		By the end of the program, participants will have a better understanding of their emotions and how to manage them in a healthy way. They will have practical tools that they can use in their daily lives to help them regulate their emotions, reduce stress, and improve their overall well-being.				
Mental Wellbeing	Talks	<u>Title</u> Building Positive Relationship at Workplace	Physical or Virtual	1 hours	Min 15 pax Physical Max 100pax Virtual Max: 1000pax	 Empatho Pte Ltd  Minmed Group Pte Ltd
		<u>Synopsis</u> In this one-hour session, participants will learn about building positive relationships in the workplace. This will include understanding and managing conflict, effective communication, understanding different personality types, and the importance of peer support. The session will explore practical tools and techniques for improving communication, resolving conflicts, and building positive relationships with colleagues.				
		Participants will learn about the benefits of positive workplace relationships, including increased job satisfaction, improved productivity, and reduced stress. They will gain insights into different communication styles and personality types, and learn how to adapt their communication and behavior to improve relationships with others. The session will also emphasize the importance of peer support and the role it can play in creating a positive and supportive workplace culture.				

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Mental Wellbeing	Activity Based Workshop	<u>Title</u> Managing Stress Creatively	Physical or Virtual	1 hour	Min 15 pax Max 30 pax	 ECOPONICS  Minmed Group Pte Ltd
		<u>Synopsis</u> This workshop allows participants to immerse themselves in a relaxing and engaging session, and helps them to temporarily take their minds off stress and anxiety while practising mindfulness.				
		During this session, participants will also be introduced to what stress is, the different triggers and symptoms of stress, as well as be brought through a short relaxation exercise. Coping tips will be given, and participants will be able to take home their very own hand-made coaster* by the end of the session. *Activity Ecoponics: Marble Coaster Minmed: Squiggle Art				
Mental Wellbeing	Activity Based Workshop	<u>Title</u> The Different Relaxation Techniques to Manage Stress	Physical or Virtual	1 hour	Min 15 pax Max 30 pax	 ECOPONICS  Minmed Group Pte Ltd
		<u>Synopsis</u> In this workshop, participants will enjoy a therapeutic session and pick up a range of relaxation techniques*, such as guided imagery, progressive relaxation and body scan. They will also be equipped with coping tips for daily mental well-being. Other than caring for themselves, they will also be guided on how to reach out to those around them and provide support if needed.				
		*Activity Ecoponics: Relaxation Techniques (Art Jamming) Minmed: Relaxation Techniques				
Mental Wellbeing	Activity Based Workshop	<u>Title</u> The Art of Mindfulness	Physical or Virtual	1 hour	Min 15 pax Max 30 pax	 ECOPONICS  Minmed Group Pte Ltd
		<u>Synopsis</u> Painting* and expressing oneself can serve as a therapeutic activity that can help to take the mind off the daily stresses in our lives.				
		During this art jamming session*, participants will also be taught the importance of taking breaks and picking up relaxation techniques that they can use during challenging times. Participants will then be brought through some techniques such as deep breathing and progressive relaxation. *Activity Ecoponics: Marble Coaster Minmed: Breath Drawing (Drawing Your Breath - A Mindful Art Exercise - Creativity in Therapy)				

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Mental Wellbeing	Activity Based Workshop	<p>Title Grateful for the Small Things - Learning Positive Thinking</p> <p>Synopsis Gratitude Journaling* is one of the ways can lead to many benefits, including helping to better managing negative thoughts and worries, and promoting positive thinking.</p> <p>In this workshop, participants will design and create their very own gratitude journal and be guided on how to make journaling a regular habit. They will also pick up other tips on how to boost their mental well-being in their daily lives.</p> <p>*Activity Ecoponics: Gratitude Journal Minmed: Gratitude Journal</p>	Physical or Virtual	1 hour	Min 15 pax Max 30 pax	 ECOPONICS  Minmed Group Pte Ltd
Mental Wellbeing	Activity Based Workshop	<p>Title Reframing Thoughts - Learning to Managing your Emotions</p> <p>Synopsis This workshop aims to help participants understand how reframing their thoughts can positively impact their well-being and better manage day to day challenges.</p> <p>Participants will learn about the different types of unhelpful thinking patterns and how to reframe them in a more positive and realistic manner. They will also get to create their own Positivity Collage* as a reminder to think positively, even in trying situations.</p> <p>*Activity Ecoponics: Art Jamming with Positive Phrases Minmed: Positivity Collage</p>	Physical or Virtual	1 hour	Min 15 pax Max 30 pax	 ECOPONICS  Minmed Group Pte Ltd
Mental Wellbeing	Activity Based Workshop	<p>Title Staying Connected - The Importance of Social Support</p> <p>Synopsis In this workshop, participants will understand the importance of having strong social connections with others, and how that impacts on their well-being.</p> <p>Participants will also pick up some skills on how they can also play a crucial role in supporting others. To concretise their learning, participants will engage in creating cards* to connect with others.</p> <p>*Activity Ecoponics: Cards Minmed: Cards</p>	Physical or Virtual	1 hour	Min 15 pax Max 30 pax	 ECOPONICS  Minmed Group Pte Ltd