

TRAINING PROVIDER	
Singapore Professionals' and Executives' Cooperative Limited	
COURSE INFORMATION:	
Course Title	Enhancing Mental Wellness -- A Practical Non-Medical Approach
Language	English
Course Duration	1 day (7 hours / 9am to 5pm)
COURSE OUTLINE:	
Course Overview & Objectives	<p>Wellness is an individual's active pursuit of activities, choices and lifestyles that lead to a state of holistic health. Wellness is more than being free from illness. It is proactive and preventative endeavor with individuals responsible for their own choices, behaviors and lifestyle to enhance a healthy, purposeful and fulfilling life. Wellness may be viewed from different dimensions, for example physical, mental, emotional, social etc.</p> <p>Mental Wellness is an internal resource that is dynamic, renewable and positive in nature. Mental Wellness enhances individuals' ability to think, feel, connect and function to control their thoughts, emotions and behavior effectively. Mentally-well individuals are positive, self-assured and resilient.</p> <p>This course aims to enhance participants' understanding of:</p> <ul style="list-style-type: none"> • Wellness and Mental Wellness, • Methods to improve mental, emotional, social and psychological wellness. • Stress and how to manage challenges and stressors, • How to enhance Mental Wellness in lifestyle activities.
Key Topics Covered	<p>The course explores the following subjects in depth:</p> <ul style="list-style-type: none"> • Holistic view of Wellness. • Difference between Mental Wellness and Mental Health. • Issues affecting Mental Wellness. • The four (4) dimensions in Mental Wellness. • About Stress. • Managing Challenges and Stressors. • How to Enhance Mental Wellness. • Resources on (what and where to Enhance) Wellness activities. <p>This course advances participants' understanding of:</p> <ul style="list-style-type: none"> • What is Wellness and Mental Wellness. • Why mental wellness can affect how we think, feel, connect and function. • How stress affect our mind and body, and how to manage challenges and stressors. • Ways and means to enhance mental wellness. • 5. Where and how to enhance mental wellness through various activities and choices in lifestyle.

Learning Outcomes	Participants will takeaway ideas and suggestions on how to realize their own abilities, cope with stress and challenges, manage challenges positively, build strong relationships, engage in productive work, improve sustainability, contribute meaningfully to communities and society and enjoy life.
Learning Methodology	The workshop is delivered in an interactive learning setting and offers the opportunity to apply concepts in a risk-free environment with simulated exercises and practices; mini case studies; trainer-facilitated group sharing and discussions, self-reflection and action planning; etc.
Who Should Attend	This workshop will be helpful for those who wish to realize their own abilities, cope with stress and challenges, manage challenges positively, build strong relationships, engage in productive work, improve sustainability, contribute meaningfully to communities and society and enjoy life.