

TRAINING PROVIDER	
Singapore Professionals' and Executives' Cooperative Limited	
COURSE INFORMATION:	
Course Title	<b>C3A Mental Well-being Curriculum – Riding the Waves of Change Smiling</b>
Language	English
Course Duration	1 day (6 hours / 9am to 4pm)
COURSE OUTLINE:	
<b>Course Overview &amp; Objectives</b>	<p>Discover how you can strengthen your mental resilience and well-being, which are important factors of successful ageing. Join us to learn about mental well-being and the common issues affecting it. In our daily lives, we may face stressors which affect our ability to experience life in a positive manner and could increase our vulnerability to mental health difficulties. Through experiential learning, this course will help you pick up practical tips to enhance and maintain your mental well-being.</p> <p>At the end of the course, participants shall:</p> <ul style="list-style-type: none"> <li>• Be aware of some most common mental well-being issues faced by seniors and why they occur</li> <li>• Be able to recognise the signs and symptoms of these mental well-being issues, and know of approaches, techniques and resources to prevent and manage them</li> <li>• Acquire a positive outlook towards ageing</li> </ul>
<b>Key Topics Covered</b>	<p>The course explores the following topics in depth:</p> <ol style="list-style-type: none"> <li>1. WHY seniors are prone to mental well-being challenges? <ul style="list-style-type: none"> <li>• Challenges of Ageing</li> </ul> </li> <li>2. WHAT are the common mental well-being issues faced by seniors? <ul style="list-style-type: none"> <li>• Common Mental Well-Being Issues in Seniors</li> </ul> </li> <li>3. HOW to deal with them? <ul style="list-style-type: none"> <li>• Successful Ageing and How to Get There</li> <li>• Overcoming the Challenges of Mental Well-Being</li> <li>• Tips on Self-Care for Better Mental Well-being</li> </ul> </li> </ol>

<b>Learning Outcomes</b>	<p>Upon successful completion of the course,</p> <ol style="list-style-type: none"> <li>1. Participants will be able to identify and discuss: <ul style="list-style-type: none"> <li>• Changes associated with ageing that challenge seniors' mental well-being</li> <li>• Stress and its physiological reactions</li> <li>• Common mental well-being issues of stress, anxiety and depression, and their signs and symptoms</li> <li>• Complications of mental ill-being</li> <li>• Factors that promote mental well-being and resilience</li> </ul> </li> <li>2. Participants will be able to apply practical tips on: <ul style="list-style-type: none"> <li>• How to maintain mental well-being as we age</li> <li>• Medical and professional care: What, Where, When and How to seek help</li> </ul> </li> <li>3. Participants will be able to identify positive attitudes and mindsets to cultivate for enhancing and sustaining mental well-being, namely: <ul style="list-style-type: none"> <li>• Accepting mental health issues as being a common human experience, overcoming the prejudices and stigma against them</li> <li>• Confident that anyone can overcome mental health issues with a positive mindset and some external help</li> <li>• Have empathy and motivation to reach out to and connect with families and friends as a means to strengthen mental well-being in oneself and others</li> </ul> </li> </ol>
<b>Learning Methodology</b>	The course will entail Lecture, Q&A, Experiential Learning/Game, Activity, Story-Telling, Sharing, and Quiz.
<b>Who Should Attend</b>	This course will benefit those who wish to seek practical tips to strengthen mental resilience and enhance mental well-being for successful ageing.