

Mental Well-Being Ambassador

Course Objective

With most people spending two-thirds of their waking lives at work, fellow colleagues and team managers play an important role in being the first line of mental health support.

This course aims to nurture a generation of *Mental Well-Being Ambassadors* to help turn the workplace into a supportive and empathic environment that helps to boost motivation and morale. This in turn helps unlock to improve team productivity and corporate resilience and turn a common source of distress - the workplace - into a protective one. Unlock the Brain Capital for your organization.

Target Audience

HR, Line Managers, Senior Leaders (Senior Managers, Directors)

Course Outline

As a *Mental Well-Being Ambassador*, you will learn practical skills and knowledge on managing the mental health and emotions of others and yourself. You will be taught how to identify distress, other mental states, and how to provide appropriate support - either as a fellow colleague or as a team manager. These skills extend beyond the workplace, and you may find them useful for the home and with friends as well.

➤ Self Assessment

Understanding my mental and emotional health and concepts of Brain Capital using the neuroscience-based Attayn assessment

➤ Self Care

Managing and improving my mental wellbeing as preparedness to facilitate and assist others within the organization

➤ Identification

Learning to observe and identify mental distress in colleagues and within your team

➤ Engagement

Learn active listening skills to acquire useful information and engage others with more empathy

➤ Mental Health Management

Acquire practical skills and strategies to track and provide the necessary mental health support for your organization

Methodology

This course will be an intensive one (1) day program with information-sharing, discussion-based learning and scenario-

Duration : 1 day, 9am to 5pm (7 hours)
Course Fee : \$293.21
(including 9% GST): \$234.35 (For CDF Credential Holders **only**)

Course Venue : SNEF HQ @ Paya Lebar

For registration, please contact us at trg@snef.org.sg /
Christopher at christopher_oh@snef.org.sg

About the Trainers

Neurowyzr is a Singapore start-up with a vision to build Healthier Brains, Happier Lives, For Everyone.

We build brain capital and optimize personal potential by enabling early detection, diagnosis, therapy, monitoring, predict and prevention of brain decline. Built on clinical evidence and powered by advanced analytics and AI, we provide a complete suite of digital tests and omni-platform care to bring brain health and mental wellbeing to everyone.

We have a pool of neuroscientists, neuro- specialists, medical doctors, psychologists, behavior counsellors and allied health specialists. Neurowyzr is currently the Digital Brain Health provider for the National Neuroscience Institute and have partnerships with top clinical partners within Asia Pacific. We support organizations with activities ranging from employee mental health, general brain health, productivity measurement and improvement as well as mental health and neuro training programs.



JASMINE KUAH – BA Psych,
Associate Psychologist, Neurowyzr



CHAD YIP – Clinical Psychologist
and Head of Psychology
BA (Psych & Phil), PGDipPsych,
MPsych (Clin), PhD
MAPS, MSPS, Registered
Psychologist (Singapore)

Neurowyzr Neuro-Trainers and Psychology team is committed to utilizing the most current concepts in Neuroscience and Psychology to impart key components of Mental Health Management.

Enquiries:

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