



Workshop Catalogue

We customize workshops based on participants' age, education level, and work experience. To enhance the learning experience, we can incorporate experiential learning activities, role-playing, or interactive discussions, aligned with your goals and budget. Let us know your desired outcomes, and we'll propose a tailored program.

Personal Development & Self-Discovery

- Self-Discovery & Identity Building: OH Cards Exploration for Allied Health Professionals & Interns
- Clarifying Values & Setting Intentions for a New Year
- Russian Doll Painting: Self-Discovery
- Pebble Painting: Self-Acceptance and Self-Expression
- The Art of Building Confidence and Positivity
- Unlocking the Power of Personality: Your Journey to Success

Mental Health & Emotional Well-Being

- Building Emotional Resilience: Preventing Burnout with OH Cards
- Understanding and Supporting Youths with Depression
- Coping with Insomnia
- Suicide Screening Workshop
- Grief Management
- SEL: Self-Regulation and Managing Difficult Emotions
- Helping Students in Distress

Stress & Resilience

- Combating Stress with Practical Stress Management and Resilience
- Effective Stress Management + Exercise Workout!
- Surviving the Cabin Fever
- Cultivating Resilient Minds in a VUCA World
- Cultivating Resilient Mind at Work
- Manage Fatigue, Improve Sleep, and Prevent Burnout

Parenting & Family Well-Being

- Empowered Parenting: Strengthening Bonds & Understanding Your Child
- Building the Mental Well-Being of Your Teenager
- Let's Chat: Supporting Your Teens' Mental Well-Being
- Supporting Queer Children
- Building the Mental Well-Being of Your Pre-schooler

Workplace & Professional Skills

- Strengthening Team Dynamics: Enhancing Cohesion through DISC
- Enhancing Positive Relationships at the Workplace
- Building Appreciative Work Culture: Languages of Appreciation
- Assertive Communication in Conflict Management
- DEI Awareness: Embracing Diversity, Equity, and Inclusion
- Nurturing a Culture of Appreciation: Uncover Your Unique Language of Appreciation
- Colour Your Thoughts with The Six Thinking Hats
- Working in a Hybrid World (Part 1): Strengthen Relationships, Build Resilience
- Working in a Hybrid World (Part 2): Combating Stress with Effective Strategies

Conflict Management & Communication

- Anger & Conflict Management
- Anger Management for Success

Diversity, Inclusion & Cultural Competence

- Fostering Inclusivity: Understanding & Advocating for Special Needs
- Cultural Exchange in the Lion City: Developing Intercultural Competence

Counselling & Psychological Support

- Counselling Skills
- Counselling Ethics
- Crisis Intervention
- Suicide Screening Workshop
- Para-Counselling 1: Understanding Depression, Anxiety; Providing Basic Support
- Para-Counselling 2: Helpful Communication to Support Colleagues with Distress
- Peer Support Skillset Training

Productivity & Work-Life Balance

- Enhancing Work-Life Balance
- Time Management
- Study Smarter, Achieve Success
- The Art of Motivation & Goal Setting
- How to Work from Home and Do It Right
- Enhance Productivity with Mindfulness

Self-Care & Wellness

- The Art of Self-Care
- Self-Care: Loving Yourself More
- Importance of Self-Care
- Applied Psychology for Holistic Self-Care + Exercise Workout!
- Walk & Talk Therapy Workshop (1-Day)

Creative & Expressive Therapy

- Acrylic Painting on Canvas