



Advancing Mental Well-being and Personal Growth at Work (AMWPGW)

COURSE OVERVIEW

In order to encourage individual self-care and resilience, this course aims to build on participants' fundamental knowledge and abilities. Participants will learn to improve their mental health and provide themselves the tools they need to succeed in life and at work by implementing scientifically supported techniques.

COURSE CONTENT

Identify, evaluate, and control risks interrelated to personal health (including mental well-being) and organization factors. Implement a program that supports and maintains employees' safety, health, and mental well-being.

1. Introduction
2. Psychosocial hazard
3. Health hazard
4. Disease outbreak
5. Terrorism threats

WHO SHOULD ATTEND THIS COURSE?

Business Executives, HR professionals, General public and Individuals who are interested to create a sustainable and healthy workplace.

PRE-REQUISITES / ASSUMED SKILLS AND KNOWLEDGE

Learners are assumed to:
Have basic supervision skills

Have basic knowledge of the Singapore Workplace Safety and Health requirements

Have basic knowledge of Safety management systems.

Have basic knowledge of personal protective equipment (PPE)

Be able to follow written and oral work instructions

Be able to listen, read, speak and write English at a proficiency level equivalent to the Employability Skills System (ESS)

level 2

Be able to manipulate numbers at a proficiency level equivalent to Employability Skills System (ESS) level 2

COURSE DURATION: 6 Hours (Including 1 Hour Assessment)

ASSESSMENT: Written Test (MCQ)/Theory

ATTENDANCE: 100% Required

PASSING MARK: 100% for each assessment mode

CERTIFICATION: Upon completion of the course, a Certificate of Competency endorsed by Dynamic Safety Pte Ltd will be issued to all participants.

FUNDING: Not Available

SDU POINTS: 3 SDU Points

VENUE: 116 Lavender Street, #02-01, Pek Chuan Building, Singapore 338730.

(or)

48 Toh Guan Road East, #04-149 Enterprise Hub, Singapore 608586

PRICE: SGD \$80.00 + GST

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