



MIND WHAT MATTERS

# COMPANY TRACK RECORD

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Counselling & Crisis Intervention

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Mental Health & Wellness

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Personal Development &  
Corporate Success

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Cognitive Behavioural Therapy

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Other Therapies

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Academic Teaching

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Employee Assistance  
Programs

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Mind What Matters was set up in 2013 to provide best-practice, evidence-based services to destigmatise mental illness and optimise well-being



# MIND WHAT MATTERS

## PSYCHOLOGICAL CONSULTANCY



**MWM** Psychological Consultancy was started with the mission to de-stigmatise mental illness and optimise mental well-being. We strongly believe there is no health without mental health.

We provide a host of services from individual counselling and coaching to corporate consultations and training on mental health, crisis intervention, and peer helping. Since 2013, we have counselled over 12,000 individuals and run workshops for dozens of companies for over 100,000 people.

Our portfolio includes AirBnB, Cognizant, Swire Pacific Offshore, Ministry of Foreign Affairs, Ministry of Education, Singapore Prison Services, National Council for Social Services and various Universities.



## COURSES & WORKSHOPS

### 01 COUNSELLING & CRISIS INTERVENTION

2021

Intro to Counselling (School Counsellors)	Mar'21
Duration: 4.5 Days Organisation: Ministry of Education	
CBT for Critical incidents	Mar '21
Duration: Webinar 2 Hours Organisation: Thye Hua Kwan Moral Charities	
Peer Helper's Level 2 Training	Mar '21
Duration: 2 Days, 2 Runs Organisation: Nanyang Polytechnic	
Mastery Training: Intermediate Training	Mar '21
Duration: 4,.5 Days Organisation: Nanyang Technological University	
Mastery Training: Foundations of Care and Support	Mar '21
Duration: 1 Day, 5 runs Organisation: Nanyang Technological University	





## COURSES & WORKSHOPS

### 01 COUNSELLING & CRISIS INTERVENTION

2021

Case and Crisis Management

*Jan '21*

Duration: 2.5 Days

Organisation: Nanyang Technological University

Intro to Counselling (School Counsellors)

*Jan '21*

Duration: 4.5 Days

Organisation: Ministry of Education





## COURSES & WORKSHOPS

### 01 COUNSELLING & CRISIS INTERVENTION

2020

Treatment Planning Workshop	Dec '20
Duration: 2 Days	
Organisation: Nanyang Technological University	
NTU Critical Incidents Management	Jan '20
Duration: 2.5 Days	&
Organisation: Nanyang Technological University	Mar '20
Suicide Intervention for School Counsellors	Feb '20
Duration: 1 Day	
Organisation: Ministry of Education	
Teacher Counsellor Course	Feb '20
Duration: 4.5 Days	
Organisation: Ministry of Education	
Grief and Loss for Allied Educators	Mar '20
Duration: 2 Days	
Organisation: Ministry of Education	



## COURSES & WORKSHOPS

### 01 COUNSELLING & CRISIS INTERVENTION

2019

- |                                                                                                            |                |
|------------------------------------------------------------------------------------------------------------|----------------|
| Case Formulation Workshop<br>Duration: 2 Days<br>Organisation: Nanyang Technological University            | <i>Jun '19</i> |
| Crisis Management & Communication Course<br>Duration: 2 Days<br>Organisation: SkillsFuture Singapore (SSG) | <i>Jul '19</i> |
| Crisis Response Team Workshop<br>Duration: 1 Day<br>Organisation: Ministry Of Foreign Affairs              | <i>Jul '19</i> |
| Teacher Counsellor Course<br>Duration: 5 Days<br>Organisation: Ministry of Education                       | <i>Aug '19</i> |
| CARE Course<br>Duration: 2 Days<br>Organisation: Ministry of Foreign Affairs                               | <i>Dec '19</i> |





## COURSES & WORKSHOPS

### 01 COUNSELLING & CRISIS INTERVENTION

**2018**

CARE Course

*Nov '18*

Duration: 4.5 Days

Organisation: Ministry of Foreign Affairs

**2017**

Counselling & Crisis Course

*Nov '17*

Duration: 2 Days

Organisation: Ministry of Foreign Affairs





## COURSES & WORKSHOPS

### 01 COUNSELLING & CRISIS INTERVENTION

**2017**

Grief & Bereavement

*Jan - Apr '17*

Duration: 0.5 Days

No. of runs: 3

Organisation: Singapore Prison Services

Counselling Psychology Awareness

*Oct '16 - Mar '17*

Duration: 2 Days

No. of runs: 6

Organisation: Housing & Development Board

**2015**

Teacher Counsellor Course

*Oct '15*

Duration: 4.5 Days

Organisation: Ministry of Education







## COURSES & WORKSHOPS

### 02 MENTAL HEALTH & WELLNESS

<b>2021</b>	<b>Managing Suicidal Individuals (Self &amp; Others)</b> <i>Mar '21</i> Duration: 0.5 Days Organisation: Punggol Primary School
<b>2019</b>	<b>Mental Health First Aid</b> <i>Oct '19</i> Duration: Half-Day Organisation: Swire Pacific Offshore
	<b>Mindfulness For Enhanced Performance</b> <i>Nov '19</i> Duration: 1 Day Organisation: Yishun Town Secondary School
<b>2018</b>	<b>Mindfulness For Prison Officers</b> <i>Mar '18</i> Duration: 1 Day Organisation: Singapore Prison Services
	<b>Mental Resilience For Managers</b> <i>Jan '18</i> Duration: 1 Day Organisation: Agri-Food & Veterinary Authority



## COURSES & WORKSHOPS

### 02 MENTAL HEALTH & WELLNESS

**2017**

Mental Health Awareness

*Sep '17*

Duration: 2 Days

No. of runs: 4

Organisation: Singapore Management University





## COURSES & WORKSHOPS

### 02 MENTAL HEALTH & WELLNESS

**2017**

Safeguard Your Mind & Mental Well-Being

*Feb '17*

Duration: 1 Day

Organisation: Agri-Food & Veterinary Authority

**2017**

Mental Health First Aid

*'17*

Duration: 1 Hour Seminar over 12 Weeks

Organisation: Ngee Ann Polytechnic

**2016**

Learning Optimism

*Aug '16*

Duration: 1 Day

Organisation: Singapore Management University





## COURSES & WORKSHOPS

### 02 MENTAL HEALTH & WELLNESS

**2016**

**Mental Health First Aid**

*Jan '15 - Dec '16*

Duration: 1 Day

No. of runs: 3

Organisation: Singapore Prison Services

**Working Through Change: Life  
Transitions**

*Mar '15 - Mar '16*

Duration: 0.5 Day

No. of runs: 3

Organisation: SIM University

**2015**

**The Helping Relationship For Volunteers**

*Mar '15*

Duration: 1 Day

Organisation: National Kidney Foundation





## COURSES & WORKSHOPS

### 03 PERSONAL DEVELOPMENT & CORPORATE SUCCESS

**2021**

First things First

*Jan '21*

Webinar

Organisation: SwissRe

Burnout and Self-care

*Feb '21*

Workshop (1.5 Hours)

Organisation: SwissRe

**2020**

Advancing through Learned Optimism

*Dec '20*

Webinar

Organisation: Thales

Coping with Change

*Nov '20*

Webinar

Organisation: Thales





## COURSES & WORKSHOPS

### 03 PERSONAL DEVELOPMENT & CORPORATE SUCCESS

2020

Light Through the Dark *Jun '20*  
Webinar  
Organisation: ARUP Group

Thriving Through Change *Jun '20*  
Webinar  
Organisation: Economic Development Board Investments

Coping with Change *Jun '20*  
Webinar  
Organisation: Zinier

The ABCs to Psychological Coping *May '20*  
Webinar  
Organisation: Kaspersky, Klareco

Psychological Coping in VUCA Times *May '20*  
Webinar  
Organisation: Williams-Sonoma (Singapore)





## COURSES & WORKSHOPS

### 03 PERSONAL DEVELOPMENT & CORPORATE SUCCESS

**2020**

Managing Difficult Conversations

*Mar '20*

Duration: 1 Day

Organisation: Ministry of Education

Becoming and Emotionally Intelligent Leader *Mar '20*

Duration: 1 Day

Organisation: Ministry of Education

**2019**

Mindfulness for Enhanced Work Performance *Oct '19*

Duration: 0.5 Days

Organisation: Yishun Town Secondary School

Resilience & Trauma Management

*Jun '19*

Duration: 2 Days

Organisation: Airbnb

Rapport Building & Lifeskills Coaching

*Mar '19*

Duration: 2 Days

Organisation: Ngee Ann Polytechnic





## COURSES & WORKSHOPS

### 03 PERSONAL DEVELOPMENT & CORPORATE SUCCESS

<b>2019</b>	<b>Creating &amp; Sustaining A Positive Workplace</b> Duration: 1 Day No. of runs: 6 Organisation: Singapore Civil Defence Forces	<i>Sep '15 - Present</i>
<b>2018</b>	<b>Sustain The Passion, Enjoy Your Work</b> Duration: 0.5 Day No. of Runs: 14 Organisation: Housing & Development Board	<i>Nov '16 - Apr '18</i>
	<b>Mental Resilience For Managers</b> Duration: 1 Day Organisation: Agri-Food & Veterinary Authority	<i>Jan '18</i>
<b>2016</b>	<b>Personal Growth</b> Duration: 1.5 Hour Workshops over 8 Days Organisation: Singapore Polytechnic	<i>'16</i>
<b>2015</b>	<b>Coaching &amp; Mentoring</b> Duration: 1 Day Organisation: St Stephens School	<i>Jul '15</i>





## COURSES & WORKSHOPS

### 03 PERSONAL DEVELOPMENT & CORPORATE SUCCESS

**2015**

Improving Team Communication & Developing Creativity

Duration: 2 Days

Organisation: ITE College Central

*Mar '15*

Enhancing Motivation to Achieve Goals

Duration: 1 Day

Organisation: Institute of Technical Education HQ

*Feb '15*

**2014**

Overcoming Adversity & Challenges To Achieve Success

Duration: 3 Days

No. of runs: 6

Organisation: National Council of Social Services

*Nov' '14*



## COURSES & WORKSHOPS

# 04 COGNITIVE BEHAVIOURAL THERAPY (CBT)

2021

Community of Practice (CBT)

*Mar '21*

Duration: 2 Hour Session

No. of Runs: 1 out of 3

Organisation: Thye Hus Kwan Moral Charities

Advanced CBT

*Jan '18 - Present*

Duration: 5 Days

No. of Runs: 3

Organisation: Singapore Prison Services

Basic CBT

*Mar '16 - Present*

Duration: 5 Days

No. of runs: 5

Organisation: Singapore Prison Services

Intermediate CBT

*Jan '14 - Present*

Duration: 3 Days

No. of runs: 6

Organisation: National Council of Social Services





## COURSES & WORKSHOPS

# 04 COGNITIVE BEHAVIOURAL THERAPY (CBT)

**2021**

Introduction to CBT

*Sep '14 - Present*

Duration: 2 Days

No. of Runs: 12

Organisation: National Council of Social Services

**2017**

Cognitive Behavioural Therapy

*Oct '17*

Duration: 2 Days

Organisation: Singapore Civil Defence Forces





## COURSES & WORKSHOPS

### 05 OTHER THERAPIES

**2020**

Motivational Interviewing

*Jan '20*

Duration: 4 Days

Organisation: Singapore Prison Services

**2019**

Intermediate Solution-Focused  
Based Therapy (SBFT)

*Jan '18 - Present*

Duration: 2 Days

No. of runs: 4

Organisation: National Council of Social Services

Introduction to SFBT

*Oct '15 - Present*

Duration: 2 Days

No. of runs: 11

Organisation: Singapore Civil Defence Forces

**2018**

Motivational Interviewing

*Oct '18*

Duration: 4 Days

Organisation: Singapore Prison Services

Acceptance & Commitment Therapy (ACT)  
For Peer Helpers

*Aug '18*

Duration: 1 Day

Organisation: Singapore Management University





## COURSES & WORKSHOPS

### **05** OTHER THERAPIES

**2017**

ACT Emergency Behavioural Sciences

*Oct '17*

Duration: 1 Day

Organisation: Singapore Civil Defence Forces





## COURSES & WORKSHOPS

### 06 ACADEMIC TEACHING - MASTERS LEVEL

**2018**

Behaviour Therapy

*Jan '17 - Present*

Masters Of Counselling Course

No. of runs: 3

Organisation: Singapore University of Social Sciences

Clinical Assessment In Counselling

*Aug '17 - Dec '18*

Masters Of Counselling Course

No. of runs: 3

Organisation: SIM University

Solution-Focused Brief Therapy

*Jun '18*

Masters Module (Guest Lecturer)

Organisation: Dyslexia Association Of Singapore

**2017**

Integrative Approaches To Counselling *Apr '15 - Sep '17*

Masters Of Counselling Course

No. of runs: 3

Organisation: SIM University

Crisis Intervention

*Jun '14 - Jul '17*

Masters Of Counselling Course

No. of runs: 4

Organisation: SIM University





## COURSES & WORKSHOPS

# 06 ACADEMIC TEACHING - UNDERGRADUATE & DIPLOMA

**2018**

**Lifespan Development**

*Jan '17 - Present*

Undergraduate Module

No. of runs: 5

Organisation: Singapore University of Social Sciences

**Counselling Skills**

*Sep '15 - Dec '18*

Diploma Module

No. of runs: 4

Organisation: College Of Allied Educators

**Positive Psychology**

*Feb '15 - Dec '18*

Undergraduate Module

No. of runs: 8

Organisation: SIM University

**Roots & Wings**

*Aug '16 - May '18*

Undergraduate Module

Organisation: National University of Singapore

**2016**

**Know More About Yourself**

*Jun - Dec '16*

Diploma Module

No. of runs: 4

Organisation: Ngee Ann Polytechnic





## CORPORATE WELL-BEING

### 07 EMPLOYEE ASSISTANCE PROGRAMS (COUNSELLING)

Agri-Food & Veterinary Authority of Singapore / Singapore Food Agency (AVA/SFA)	<i>Sep'16 - Sep'20</i>
AirBnB	<i>May '19 - Present</i>
International Rescue Committee	<i>Jan '20 - Present</i>
Vital Strategies	<i>Apr'20 - Present</i>
Intevac	<i>Mar'21 - Present</i>
Continental AG	<i>Apr'21 - Present</i>
Tanglin Trust School	<i>Apr'21 - Present</i>

### CRISIS SUPPORT

Cognizant	<i>Feb'15</i>
Societe Generale	<i>Aug'16</i>
AirBnB	<i>May'20</i>







## CORPORATE WELL-BEING

### 07 ADHOC COUNSELLING

SWIRE Pacific Offshore Operations	<i>Aug'19</i>
Singapore Management University	<i>Aug '19 - Present</i>
D'Accord	<i>Mar '21 - Present</i>
United World College	<i>Apr'20 - Present</i>
Singapore Airlines, Pilots Association Group	<i>Mar'21</i>