



MIND WHAT MATTERS

COMPANY TRACK RECORD

2022 Q1

Counselling & Crisis Intervention

Mental Health & Wellness

Personal Development &
Corporate Success

Cognitive Behavioural Therapy

Other Therapies

Academic Teaching

Employee Assistance
Programs

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

2022

Foundations of Care & Support

Jan, Feb, Mar '22

Duration: 1 Day, 3 Runs

Organisation: Nanyang Technological University

Group Facilitation Training

Jan '22

Duration: 3 Days

Organisation: Nanyang Technological University

Managing Addictions

Feb '22

Duration: 1 Day

Organisation: Nanyang Technological University

Mastering Care and Support

Mar '22

Duration: 3 Days

Organisation: Nanyang Technological University

Psychological First Aid

Mar '22

Duration: 0.5 Days

Organisation: Lee Kong Chian School of Medicine

Psychological First Aid

Mar '22

Duration: 0.5 Days, 11 Runs

Organisation: People's Association





COURSES & WORKSHOPS

01 COUNSELLING & CRISIS INTERVENTION

2022

Suicide Intervention

Jan - Apr '22

Duration: 1 Day, 4 Runs
Organisation: Ministry of Education

Coping with Grief and Loss

Feb - Apr '22

Duration: 2 Days, 3 Runs
Organisation: Ministry of Education

Basic Counselling for Education and
Career Guidance Counsellors

Feb '22

Duration: 1 Day
Organisation: Nanyang Technological University

Crisis Communication Training

Jan - Feb '22

Duration: 2 Days, 2 Runs
Organisation: SP Pace Academy





COURSES & WORKSHOPS

01 COUNSELLING & CRISIS INTERVENTION

2021

Group Facilitation Skills

Jul '21

Duration: 3 Days, 3 Runs

Organisation: Nanyang Technological University

Mastery Training:

Intermediate Training

Jun '21

Duration: 4,5 Days, 3 Runs

Organisation: Nanyang Technological University

Case and Crisis Management

Jun '21

Duration: 2.5 Days

Organisation: Nanyang Technological University

CARE II Module

Jun '21

Duration: 1.5 Days

Organisation: Ministry of Foreign Affairs



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



COURSES & WORKSHOPS

01 COUNSELLING & CRISIS INTERVENTION

2019

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



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

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

2022

PFA Foundational

Feb '22

Duration: 0.5 Days

Organisation: Pfizer & BonfireOne

Foundations of Care & Support

Mar '22

Duration: 0.5 days

Organisation: Potatohead Productions

Youth Mental Wellbeing

Jan - Apr '22

Extended Consultative Work

Organisation: Channel News Asia



COURSES & WORKSHOPS

02 MENTAL HEALTH & WELLNESS

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

Safeguard Your Mind & Mental Well-Being

Feb '17

Duration: 1 Day

Organisation: Agri-Food & Veterinary Authority

Mental Health First Aid

Feb'17

Duration: 1 Hour Seminar over 12 Weeks

Organisation: Ngee Ann Polytechnic

2016

Mental Health First Aid

Jan '15 - Dec '16

Duration: 1 Day

No. of runs: 3

Organisation: Singapore Prison Services

Learning Optimism

Aug '16

Duration: 1 Day

Organisation: Singapore Management University





COURSES & WORKSHOPS

02 MENTAL HEALTH & WELLNESS

2016

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

2022

Being with my Child *Jan '22*
Webinar
Organisation: WorkWellSG

Home Team Care Webinar *Feb '22*
Webinar
Organisation: Ministry of Home Affairs

Managing Terminal Illnesses *Apr '22*
Webinar
Organisation: CISCO Cancer Network

Buffering Against Burnout *May '22*
Webinar
Organisation: CISCO APAC Leaders

A More Resilient You *May '22*
Webinar
Organisation: SGenable Limited

Happy@Work *May '22*
Webinar
Organisation: Ministry of Education





COURSES & WORKSHOPS

03 PERSONAL DEVELOPMENT & CORPORATE SUCCESS

2021

First things First *Jul '21*
Webinar
Organisation: HILTI APAC

First things First *Jun '21*
Webinar
Organisation: TANGS

Advancing through Learned Optimism *Jun '21*
Webinar
Organisation: Equinix

First things First *Apr '21*
Webinar
Organisation: Continental

Advancing through Learned Optimism *Apr '21*
Webinar
Organisation: SwissRe





COURSES & WORKSHOPS

03 PERSONAL DEVELOPMENT & CORPORATE SUCCESS

2021

Burnout and Self-care
Workshop (1.5 Hours)
Organisation: SwissRe

Feb '21

First things First
Webinar
Organisation: SwissRe

Jan '21

2020

Advancing through Learned Optimism
Webinar
Organisation: Thales

Dec '20

Coping with Change
Webinar
Organisation: Thales

Nov '20

Light Through the Dark
Webinar
Organisation: ARUP Group

Jun '20



COURSES & WORKSHOPS

03 PERSONAL DEVELOPMENT & CORPORATE SUCCESS

2020

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)

Managing Difficult Conversations *Mar '20*
Duration: 1 Day
Organisation: Ministry of Education



COURSES & WORKSHOPS

03 PERSONAL DEVELOPMENT & CORPORATE SUCCESS

2020

Becoming and Emotionally Intelligent Leader *Mar '20*

Duration: 1 Day

Organisation: Ministry of Education

2019

Creating & Sustaining A
Positive Workplace

Sep '15 - Present

Duration: 1 Day

No. of runs: 6

Organisation: Singapore Civil Defence Forces

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

2018

Sustain The Passion, Enjoy Your Work

Nov '16 - Apr '18

Duration: 0.5 Day

No. of Runs: 14

Organisation: Housing & Development Board

Mental Resilience For Managers

Jan '18

Duration: 1 Day

Organisation: Agri-Food & Veterinary Authority

2016

Personal Growth

'16

Duration: 1.5 Hour Workshops over 8 Days

Organisation: Singapore Polytechnic

2015

Coaching & Mentoring

Jul' 15

Duration: 1 Day

Organisation: St Stephens School

Improving Team Communication & Developing Creativity

Mar '15

Duration: 2 Days

Organisation: ITE College Central





COURSES & WORKSHOPS

03 PERSONAL DEVELOPMENT & CORPORATE SUCCESS

2015

Enhancing Motivation to Achieve Goals

Feb '15

Duration: 1 Day

Organisation: Institute of Technical Education HQ

2014

Overcoming Adversity & Challenges
To Achieve Success

Nov' '14

Duration: 3 Days

No. of runs: 6

Organisation: National Council of Social Services



COURSES & WORKSHOPS

04 COGNITIVE BEHAVIOURAL THERAPY (CBT)

2021

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

Introduction to CBT

Sep '14 - Present

Duration: 2 Days

No. of Runs: 12

Organisation: National Council of Social 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

Community of Practice (CBT)

Mar - Jul '21

Duration: 2 Hour Session

No. of Runs: 3 out of 6

Organisation: Thye Hus Kwan Moral Charities

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 - '19

Duration: 2 Days

No. of runs: 4

Organisation: National Council of Social Services

Introduction to SBFT

Oct '15 - '19

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

Clinical Assessment In Counselling *Aug '17 - Dec '18*

Masters Of Counselling Course
No. of runs: 3
Organisation: SIM University

Behaviour Therapy *Jan '17 - Dec '18*

Masters Of Counselling Course
No. of runs: 3
Organisation: Singapore University of Social Sciences

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 - Dec '18

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)

Advanced Medtech Corporate Pte. Ltd.	<i>Apr '22 - Present</i>
Lenzing Singapore Pte. Ltd.	<i>Mar '22 - Present</i>
Syft Technologies Pte. Ltd.	<i>Jan '22 - Present</i>
Technoform Edge Bond Solutions Pte. Ltd.	<i>Oct '21 - Present</i>
Anafore Pte. Ltd.	<i>Oct '21 - Present</i>
Ernst & Young Solutions LLP	<i>Oct '21 - Present</i>
Advanced Sterilisation Products Pte. Ltd	<i>Oct '21 - Present</i>
TOUCH Community Services Limited	<i>Oct '21 - Present</i>
Thye Hua Kwan Moral Charities Limited	<i>Sept '21 - Present</i>
AWWA Ltd.	<i>Sept '21 - Present</i>
Sumitomo Corporation Asia & Oceania	<i>Aug '21 - Present</i>
HILTI Asia Pacific	<i>Jun '21 - Present</i>
SGEnable Limited	<i>Jun '21 - Present</i>





CORPORATE WELL-BEING

07 EMPLOYEE ASSISTANCE PROGRAMS (COUNSELLING)

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



CORPORATE WELL-BEING

07 CRISIS SUPPORT

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

ADHOC COUNSELLING

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

