



MIND WHAT MATTERS

COMPANY TRACK RECORD

2023 Q4

Company Introduction

01 Peer Support

02 Workplace & Mental Wellbeing

03 Counselling Related

04 Crisis Intervention

05 Corporate Clients

Mind what Matters was set up in 2012 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 2012, 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 PEER SUPPORT

A supportive environment makes for a better working atmosphere. We will all struggle invariably at work and knowing there is support buffers against burnout. By building a greater sense of community, we all feel more engaged and able to help others more as well. Research has found that having a strong support system has many positive benefits, including higher levels of well-being, better coping skills, and a longer healthier life. We will learn to confidently apply the soft skills of active listening and psychological first aid.

2023

Psychological First Aid

Sep '23

Duration: 1 Day

Organisation: Pilots Advisory Group

Active Listening Course

Jul '23

Duration: 2 Hours

Organisation: KPMG Singapore

Psychological First Aid

Jun '23 - Jul '23

Duration: 0.5 Day, 3 runs

Organisation: KPMG Singapore





COURSES & WORKSHOPS

01 PEER SUPPORT

2023

Psychological First Aid

Feb '23 - Nov '23

Duration: 0.5 Day, 16 Runs

Organisation: People's Association

Foundations of Care and Support

Jan '23 - Oct '23

Duration: 1 Day, 9 Runs

Organisation: Nanyang Technological University

Mastering Care and Support

Jan '23

Duration: 1.5 Days

Organisation: Nanyang Technological University

2022

Foundations of Care and Support

Jan '22 - Oct '22

Duration: 1 Day, 13 runs

Organisation: Nanyang Technological University

Psychological First Aid

Jun '22

Duration: 0.5 Day, 12 runs

Organisation: People's Association

Psychological First Aid

Mar '22

Duration: 0.5 Day

Organisation: Lee Kong Chian School of Medicine

Foundations of Care & Support

Mar '22

Duration: 0.5 Day

Organisation: Potatohead Productions





COURSES & WORKSHOPS

01 PEER SUPPORT

2022

Mastering Care and Support *Mar '22*

Duration: 3 Days

Organisation: Nanyang Technological University

Foundations of Care and Support *Mar '22*

Duration: 0.5 Day

Organisation: BAR Corporate Services

Psychological First Aid (Foundational) *Feb '22*

Duration: 0.5 Day

Organisation: Pfizer & BonfireOne

Group Facilitation Training *Jan '22*

Duration: 3 Days

Organisation: Nanyang Technological University

2021

Supporting our Students *Dec '21*

Duration: 0.5 Day

Organisation: Nanyang Technological University
(S. Rajaratnam School of International Studies)

Psychological First Aid Training *Nov '21*

Duration: 0.5 Day

Organisation: Institute of Technical Education

Working with Students in Distress *Aug '21*

Duration: 1 Day

Organisation: Catholic Junior College

Group Facilitation Skills *Jul '21*

Duration: 3 Days, 3 Runs

Organisation: Nanyang Technological University





COURSES & WORKSHOPS

01 PEER SUPPORT

2021

Mastering Care and Support

Mar '21

Duration: 1 Day, 5 runs

Organisation: Nanyang Technological University

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

2019

Mental Health First Aid

Oct '19

Duration: 0.5 Day

Organisation: Swire Pacific Offshore

2017

Mental Health First Aid

Feb '17

Duration: 1 Hour Seminar, 12 runs

Organisation: Ngee Ann Polytechnic

2016

Mental Health First Aid

Jan '15 - Dec '16

Duration: 1 Day, 3 runs

Organisation: Singapore Prison Services

2015

Becoming a Better Helper

May '15

Duration: 0.5 Day

Organisation: National Kidney Foundation

The Helping Relationship For Volunteers

Mar '15

Duration: 1 Day

Organisation: National Kidney Foundation





COURSES & WORKSHOPS

02 WORKPLACE & MENTAL WELLBEING

We see preventive care as key in reinforcing ones mental wellbeing. Through education and practical tips, we cover general themes such as championing change, building resilience, managing burnout and self care, we further delve into specialised topics such as parenting, flow state, grief and loss. Our clients have found the ideas and techniques shared to be useful for daily application in their personal and professional lives.

2023

Managing Difficult Conversations	Nov '23
Duration: 0.5 Day, 2 Runs Organisation: Ministry of Education	
Effectively Managing Behaviours in Children	Oct '23
Webinar Organisation: CISCO India	
First Things First	Oct '23
Webinar Organisation: Continental Automotive Singapore	
Cultivating Resilience for Correctional Officers	Sep '23 - Dec '23
Duration: 2 Hours, 5 Runs Organisation: Singapore Prison Service	
Growing and Thriving	Sep '23
Webinar Organisation: SG Enable	



COURSES & WORKSHOPS

02 WORKPLACE & MENTAL WELLBEING

2023

Emotional Intelligence in Action Webinar Organisation: Continental Automotive Singapore	Aug '23
Helping Your Child Manage Difficult Emotions Webinar Organisation: Continental Automotive Singapore	Jun '23
Nurturing a Workplace Filled with Positivity Webinar Organisation: CISCO EMEA	Jun '23
Relating Well with Parents Duration: 0.5 Day, 3 runs Organisation: Ministry of Education	Jun '23
Flow Webinar Organisation: CISCO India	May '23
Creating Our Workplace Webinar Organisation: SGEEnable Limited	May '23
First Things First Webinar Organisation: NEC Corporation	May '23
Interviewing for Emotions Duration: 1 Day Organisation: Channel News Asia	May '23



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COURSES & WORKSHOPS

02 WORKPLACE & MENTAL WELLBEING

2023

First things First

Apr '23

Webinar

Organisation: Black Sesame Technologies

Parenting

Apr '23

Webinar

Organisation: Ministry of Education

A More Resilient You

Apr '23

Webinar

Organisation: Nanyang Technological University

2022

Attention in a Distracted World

Dec '22

Webinar

Organisation: CISCO Disability Network

First things First

Nov '22

Webinar

Organisation: SG Customs

Adjusting to Change

Nov '22

Duration: 2 Hours

Organisation: Singapore Civil Defence Force (SCDF)

Relating Well with Parents

May '22 - Nov '22

Duration: 3 Days, 6 runs

Organisation: Ministry of Education

Emotional Intelligence in Action

Nov '22

Webinar

Organisation: SGenable Limited





COURSES & WORKSHOPS

02 WORKPLACE & MENTAL WELLBEING

2022

Delaying Delay	Oct '22
Webinar Organisation: Continental Automotive Singapore	
Safety in Stress	Oct '22
Webinar Organisation: Continental Automotive Singapore	
Growing Through Change	Sep '22
Webinar Organisation: Hilti Far East	
Managing Your Stress	Sep '22
Duration: 1 Hour Organisation: Hwa Chong Institution	
Managing Your Stress	Sep '22
Duration: 1 Hour Organisation: Guangyang Primary School	
Growing & Thriving	Aug '22
Webinar Organisation: Continental Automotive Singapore	
Navigating a Hybrid Workspace	Jul '22
Webinar, 2 Runs Organisation: CISCO APAC Leaders & CISCO CXC	
Creating Our Workspace	Jul '22
Webinar Organisation: Continental Automotive Singapore	



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COURSES & WORKSHOPS

02 WORKPLACE & MENTAL WELLBEING

2022

Social and Emotional Learning for Individuals with Special Needs *Jul '22*

Webinar (2 Hour Online Workshop)
Organisation: Community Psychology Hub

Creating Our Workspace *Jul '22*

Webinar
Organisation: Continental Automotive Singapore

Social and Emotional Learning for Individuals with Special Needs *Jul '22*

Webinar (2 Hour Online Workshop)
Organisation: Community Psychology Hub

Enhancing Psych Well-Being In the Workplace *Jul '22*

Duration: 1 Day
Organisation: Inland Revenue Authority of Singapore (IRAS)

Being a Change Champion *Jun '22*

Webinar
Organisation: Advanced Sterilisation Products

A More Resilient You *May '22*

Webinar
Organisation: SGenable Limited

Happy@Work *May '22*

Webinar
Organisation: Ministry of Education





COURSES & WORKSHOPS

02 WORKPLACE & MENTAL WELLBEING

2022

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

Youth Mental Wellbeing *Jan '22 - Apr '22*
Extended Consultative Work
Organisation: Channel News Asia

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

Caring for Others, Caring for Self *Apr '22*
Webinar
Organisation: Nan Hua Secondary School

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

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

2021

Rediscovering Optimism *Nov '21*
Webinar
Organisation: SG Enable

First things First *Oct '21*
Webinar
Organisation: Aspire





COURSES & WORKSHOPS

02 WORKPLACE & MENTAL WELLBEING

2021

Basic Conflict Management Skills	Sep '21
Duration: 2 Days Organisation: Ngee Ann Polytechnic	
Managing Individuals Mental Health	Aug '21
Duration: 1 Day Organisation: Catholic Junior College	
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	
First things First	Mar '21
Webinar Organisation: Punggol Primary School	





COURSES & WORKSHOPS

02 WORKPLACE & MENTAL WELLBEING

2021

Burnout and Self-Care

Feb '21

Duration: 1.5 Hours
Organisation: SwissRe

First things First

Jan '21

Webinar
Organisation: SwissRe

2020

Advancing through Learned Optimism

Dec '20

Webinar
Organisation: Thales

Coping with Change

Nov '20

Webinar
Organisation: Thales

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

Public Service Commission Pre-Departure Course

Jun '20

Webinar
Organisation: Civil Service College





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02 WORKPLACE & MENTAL WELLBEING

2020

Embracing VUCA Times *May '20*
Webinar
Organisation: Williams Sonoma

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

Becoming an Emotionally Intelligent Leader *Mar '20*
Duration: 1 Day
Organisation: Ministry of Education

2019

Mindfulness for Enhanced Work Performance *Oct '19*
Duration: 0.5 Day
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

02 WORKPLACE & MENTAL WELLBEING

2018

Sustain The Passion, Enjoy Your Work *Nov '16 - Apr '18*
Duration: 0.5 Day, 14 Runs
Organisation: Housing & Development Board

Mindfulness For Prison Officers *Mar '18*
Duration: 1 Day
Organisation: Singapore Prison Services

Mental Resilience For Managers *Jan '18*
Duration: 1 Day
Organisation: Agri-Food & Veterinary Authority

2017

Mental Health Awareness *Sep '17*
Duration: 2 Days, 4 Runs
Organisation: Singapore Management University

Safeguard Your Mind & Mental Well-Being *Feb '17*
Duration: 1 Day
Organisation: Agri-Food & Veterinary Authority

2016

Personal Growth *'16*
Duration: 1.5 Hours, 8 Runs
Organisation: Singapore Polytechnic

Learning Optimism *Aug '16*
Duration: 1 Day
Organisation: Singapore Management University

Working Through Change: Life Transitions *Mar '15 - Mar '16*
Duration: 0.5 Day, 3 Runs
Organisation: SIM University



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COURSES & WORKSHOPS

02 WORKPLACE & MENTAL WELLBEING

2015

Overcoming Adversity and Challenges to Achieve Success *Nov '15*

Webinar

Organisation: Institute of Technical Education

Creating & Sustaining A Positive Workplace *Sep '15*

Duration: 1 Day, 6 Runs

Organisation: Singapore Civil Defence Forces

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

2014

Enhancing Motivation to Achieve Goals *Feb '15*

Duration: 1 Day

Organisation: Institute of Technical Education HQ

Overcoming Adversity & Challenges To Achieve Success *Nov' '14*

Duration: 3 Days, 6 Runs

Organisation: National Council of Social Services

Creating and Sustaining a Positive Workplace *Jun '14*

Duration: 1 Day, 6 Runs

Organisation: Ministry of Education





COURSES & WORKSHOPS

03 COUNSELLING RELATED

Our expertise spans from the fundamentals in counselling extending to grief and loss, trauma, parenting, and addictions amongst other nuanced topics. We recognise the power of compassion and deliver unique and engaging programs to help others see and feel the utility of counselling. By upskilling our clients, we enhance their confidence to make a more meaningful impact on others.

2023

Basic Cognitive Behavioural
Therapy

Duration: 5 Days

Organisation: Singapore Prison Services

Nov '23

Cognitive Behavioural Therapy

Duration: 1 Day

Organisation: Pilots Advisory Group

Oct '23



COURSES & WORKSHOPS

03 COUNSELLING RELATED

2023

Solution-Focused Brief Therapy Duration: 2 Hours Organisation: KPMG Singapore	<i>Aug '23</i>
Coping with Grief and Loss Duration: 2 Days, 4 Runs Organisation: Ministry of Education	<i>Apr '23 - Sep '23</i>
Cognitive Behavioural Therapy Duration: 2 Hours Organisation: Lee Kong Chian School of Medicine	<i>Jul '23</i>
Working with Students who Self-Harm (School Counsellors) Duration: 2 Days Organisation: Ministry of Education	<i>Jul '23</i>
Cognitive Behavioural Therapy Duration: 3 Days Organisation: Singapore Civil Defence Force (SCDF)	<i>May '23 - Jun '23</i>
Basic Counselling Course for ECG Counsellors Duration: 5 Days, 4 Runs Organisation: Ministry of Education	<i>Feb '23 - Oct '23</i>
Counselling Students with ASD Duration: 1 Day Organisation: Ministry of Education	<i>Mar '23</i>



COURSES & WORKSHOPS

03 COUNSELLING RELATED

2023

Motivational Interviewing

Mar '23

Duration: 0.5 Day

Organisation: UWCSEA Dover

Motivational Interviewing

Mar '23

Duration: 0.5 Day

Organisation: Lee Kong Chian School of Medicine

Advanced Cognitive Behavioural
Therapy

Jan '23 - Nov '23

Duration: 5 Days, 2 Runs

Organisation: Singapore Prison Services

2022

Youth Counselling and Management
for Education and Career Guidance
Counsellors

Apr '22 - Nov '22

Duration: 5 Days, 15 Runs

Organisation: Ministry of Education

Coping with Grief and Loss

Feb '22 - Nov '22

Duration: 2 Days, 6 Runs

Organisation: Ministry of Education

Solution Focused Brief Therapy Workshop

Oct '22

Duration: 2 Hours

Organisation: Lee Kong Chian School of Medicine

Working with Students who Self-Harm
(School Counsellors)

Oct '22

Duration: 2 Days

Organisation: Ministry of Education





COURSES & WORKSHOPS

03 COUNSELLING RELATED

2022

- Counselling Students At-Risk of Cyber Issues *Sep '22*
Duration: 2 Days
Organisation: Ministry of Education
- Counselling Students with ASD *Aug '22*
Duration: 1 Day
Organisation: Ministry of Education
- Introduction to Acceptance & Commitment Therapy (School Counsellors) *Jul '22 - Aug '22*
Duration: 0.5 Day, 2 Runs
Organisation: Ministry of Education
- Cognitive Behavioural Therapy Training *Jul '22*
Duration: 4 Days
Organisation: Singapore Civil Defence Force (SCDF)
- Motivational Interviewing *Jun '22*
Duration: 1 Day
Organisation: ICA Psychological Services (IPS)
- Managing Addictions *Feb '22*
Duration: 1 Day
Organisation: Nanyang Technological University
- Trauma Informed Care *Feb '22*
Duration: 1 Day
Organisation: Nanyang Technological University



COURSES & WORKSHOPS

03 COUNSELLING RELATED

2021

Introduction to Cognitive Behavioural Therapy Duration: 2 Days Organisation: Singapore Police Force	Nov '21
Intermediate Counselling Duration: 2 Days Organisation: Ngee Ann Polytechnic	Sep '21
Community of Practice (CBT) Duration: 2 Hours, 3 Runs Organisation: Thye Hua Kwan Moral Charities	Mar '21 - Jul '21
Counselling for Peer Helpers Intermediate Training Duration: 4.5 Days, 3 Runs Organisation: Nanyang Technological University	Jun '21
Intro to Counselling (School Counsellors) Duration: 4.5 Days Organisation: Ministry of Education	Mar '21
Cognitive Behavioural Therapy and Critical incidents Duration: 2 Hours (Webinar) Organisation: Thye Hua Kwan Moral Charities	Mar '21
Intro to Counselling (School Counsellors) Duration: 4.5 Days Organisation: Ministry of Education	Jan '21



COURSES & WORKSHOPS

03 COUNSELLING RELATED

2020

Treatment Planning Workshop	May '20
Duration: 2 Days Organisation: Nanyang Technological University	
Grief and Loss for Allied Educators	Mar '20
Duration: 2 Days Organisation: Ministry of Education	
Basic Cognitive Behavioural Therapy	Mar '20
Duration: 1 Day, 5 Runs Organisation: Singapore Prison Service	
Teacher Counsellor Course	Feb '20
Duration: 4.5 Days Organisation: Ministry of Education	
Cognitive Behavioural Therapy Approaches and Applications	Feb '20
Duration: 1 Day Organisation: Singapore Management University	
Cognitive Behavioural Therapy Brief Training	Feb '20
Duration: 1 Day, 2 Runs Organisation: Yale NUS College	
Motivational Interviewing	Jan '20
Duration: 4 Days Organisation: Singapore Prison Services	





COURSES & WORKSHOPS

03 COUNSELLING RELATED

2019

Introduction to Solution Focused Brief Therapy *Oct '15 - Oct '19*

Duration: 2 Days, 11 Runs

Organisation: Singapore Civil Defence Forces

Teacher Counsellor Course *Aug '19*

Duration: 5 Days

Organisation: Ministry of Education

Case Formulation Workshop *Jun '19*

Duration: 2 Days

Organisation: Nanyang Technological University

Intermediate Solution-Focused Brief Therapy *Jan '18 - Jan '19*

Duration: 2 Days, 4 Runs

Organisation: National Council of Social Services

2018

Motivational Interviewing *Oct '18*

Duration: 4 Days

Organisation: Singapore Prison Services

Acceptance & Commitment Therapy For Peer Helpers *Aug '18*

Duration: 1 Day

Organisation: Singapore Management University

Acceptance & Commitment Therapy *Mar '18*

Duration: 1 Day

Organisation: Singapore Civil Defence Force





COURSES & WORKSHOPS

03 COUNSELLING RELATED

2018

Motivational Interviewing *Mar '18*
Duration: 1 Day
Organisation: Singapore Civil Defence Force

Advanced Cognitive Behavioural Therapy *Jan '18*
Duration: 5 Days, 3 Runs
Organisation: Singapore Prison Services

2017

Cognitive Behavioural Therapy *Oct '17*
Duration: 2 Days
Organisation: Singapore Civil Defence Forces

ACT Emergency Behavioural Sciences *Oct '17*
Duration: 1 Day
Organisation: Singapore Civil Defence Forces

Grief & Bereavement *Jan '17 - Apr '17*
Duration: 0.5 Days, 3 Runs
Organisation: Singapore Prison Services

Introduction to Solution Focused Brief Therapy *Jun '14 - Apr '17*
Duration: 1 Day, 9 Runs
Organisation: National Council of Social Service

Counselling Psychology Awareness *Oct '16 - Mar '17*
Duration: 2 Days, 6 Runs
Organisation: Housing & Development Board

Introduction to Cognitive Behavioural Therapy *Feb '17*
Duration: 2 Days
Organisation: Singapore Police Force





COURSES & WORKSHOPS

03 COUNSELLING RELATED

2016	Basic Cognitive Behavioural Therapy Duration: 5 Days, 5 Runs Organisation: Singapore Prison Services	<i>Mar '16</i>
2015	Introduction to Cognitive Behavioural Therapy Duration: 2 Days Organisation: Social Service Institute	<i>Nov '15</i>
	Intermediate Solution Focused Brief Therapy Duration: 2 Days Organisation: Social Service Institute	<i>Oct '15</i>
	Teacher Counsellor Course Duration: 4.5 Days Organisation: Ministry of Education	<i>Oct '15</i>
2014	Introduction to Cognitive Behavioural Therapy Duration: 2 Days, 12 Runs Organisation: National Council of Social Services	<i>Sep '14</i>
	Intermediate Cognitive Behavioural Therapy Duration: 3 Days, 6 Runs Organisation: National Council of Social Services	<i>Jan '14</i>



COURSES & WORKSHOPS

04 CRISIS INTERVENTION

Our extensive experience in crisis intervention, critical incident management and suicide prevention have equipped our clients with the necessary skills to handle these difficult situations. Having been deployed to aid with single to systemic crises, we are able to provide psychological safety for all affected parties and contain any adverse after-effects by ensuring those within the circle of vulnerability are well-tended to.

2023

Caring Action in Response to Emergencies (CARE) Module 2	<i>Dec '23</i>
Duration: 1 Day, 3 Runs Organisation: Ministry of Foreign Affairs	
Crisis Group Debriefing	<i>Dec '23</i>
Duration: 2 Hours, 2 Runs Organisation: SGenable	
Onsite Counselling Support	<i>Dec '23</i>
Duration: 4 Days Organisation: SGenable	
Onsite Counselling Support	<i>Nov '23 - Dec '23</i>
Duration: 4 Hours, 10 Runs Organisation: Nanyang Technological University	
Caring Action in Response to Emergencies (CARE) Module 1	<i>Sep '23</i>
Duration: 1 Day, 2 Runs Organisation: Ministry of Foreign Affairs	
Onsite Counselling Support	<i>May '23</i>
Duration: 1 Day Organisation: W Singapore	





COURSES & WORKSHOPS

04 CRISIS INTERVENTION

2023	Suicide Intervention Duration: 1 Day, 5 Runs Organisation: Ministry of Education	<i>Apr '23 - Nov '23</i>
2022	Suicide Intervention Duration: 1 Day, 8 Runs Organisation: Ministry of Education	<i>Jan '22 - Nov '22</i>
	Onsite Counselling Support Duration: 1 Day, 10 Runs Organisation: Nanyang Technological University	<i>Feb '22 - May '22</i>
	Crisis Communication Training Duration: 2 Days, 2 Runs Organisation: SP Pace Academy	<i>Jan '22 - Feb '22</i>
2021	Crisis Management & Communication Course Duration: 2 Days Organisation: Singapore Polytechnic	<i>Sep '21</i>
	Case and Crisis Management Duration: 2.5 Days Organisation: Nanyang Technological University	<i>Jun '21</i>
	Caring Action in Response to Emergency (CARE) II Module Duration: 1.5 Days Organisation: Ministry of Foreign Affairs	<i>Jun '21</i>
	Managing Suicidal Individuals (Self & Others) Duration: 0.5 Day Organisation: Punggol Primary School	<i>Mar '21</i>
	Case and Crisis Management Duration: 2.5 Days Organisation: Nanyang Technological University	<i>Jan '21</i>





COURSES & WORKSHOPS

04 CRISIS INTERVENTION

2020	NTU Critical Incidents Management <i>Jan '20 - Mar '20</i> Duration: 2.5 Days Organisation: Nanyang Technological University
	Suicide Intervention for School Counsellors <i>Feb '20</i> Duration: 1 Day Organisation: Ministry of Education
2019	Caring Action in Response for Emergency (CARE) Course <i>Dec '19</i> Duration: 2 Days Organisation: Ministry of Foreign Affairs
	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
2018	Caring Action in Response to Emergency (CARE) Course <i>Nov '18</i> Duration: 4.5 Days Organisation: Ministry of Foreign Affairs
2017	Counselling & Crisis Course <i>Nov '17</i> Duration: 2 Days Organisation: Ministry of Foreign Affairs
2015	Crisis Management <i>Oct '15</i> Duration: 1 Day Organisation: Institute of Technical Education





CORPORATE WELL-BEING

05 CORPORATE CLIENTS

We provide a range of Employee Assistance Programs (EAP) to our clients from various industries across the private, public and social services sectors. Our EAP services are offered on an annual renewal basis that includes a range of offerings that can be customised based on our partner's needs. Some of these include 1-to-1 counselling sessions, access to our digital library, monthly workshops and webinars. We also provide our clients with clinical and utility reports monthly on the usage of EAP services in the organisation.

CURRENT

Advanced MedTech

Anafore Pte. Ltd.

Black Sesame Technologies

Continental Automotive Group

Chugai Pharmabody

HILTI Asia Pacific

HILTI Far East

SGenable Limited

Sumitomo Corporation Asia & Oceania

Tanglin Trust School

Thye Hua Kwan Moral Charities Limited

TOUCH Community Services Limited





CORPORATE WELL-BEING

05 CORPORATE CLIENTS

PAST

Agri-Food & Veterinary Authority of Singapore /
Singapore Food Agency (AVA/SFA)

AWWA Ltd.

Cognizant

D'Accord

Ernst & Young Solutions LLP

Global Spectrum Pico

Intevac Pte. Ltd.

Konterra

Lenzing

Singapore Airlines, Pilots Association Group

Singapore Management University

Societe Generale

SWIRE Pacific Offshore Operations

Syft Technologies

Technoform Edge Bond Solutions Pte. Ltd.

United World College

YaleNUS