

TeamTHRIVE™

Programme in Promoting Team Resilience and Joy at Work for Teams to Thrive with Positive Psychology Tools

PROGRAMME OVERVIEW

Promoting positive thoughts and building resilience are extremely important so that we can take better care of ourselves and help each other to thrive. TeamTHRIVE™ aims to introduce concepts on how to build a trusting and resilient team as well as how to cope with burnout and its effects. It will also equip learners with basic psychological skills which can be applied both at work and in daily lives.

LEARNING OUTCOMES

Learners will be able to:

- Know about Burnout and its effect
- Appreciate the Joy at Work Framework
- Understand Team Resilience and its importance
- Use and practice Positive Psychology Tools for self and teams
- Share peer support networks and resilience programmes in SingHealth

WHO SHOULD ATTEND

All healthcare professionals. It would be an advantage for learners to have opportunities to apply their skills back at their workplace to enhance the well-being of all staff.

PRE-REQUISITE

Nil

DURATION

8.30am – 1.00pm

AWARD OF CERTIFICATE

Certificate of Completion will be issued to learners who attended the programme.

COURSE FEES

SingHealth Staff: \$200 (Waived)
Non-SingHealth Staff: \$250 (Inclusive of GST)

REGISTRATION

SingHealth Staff: Please register via intranet link [AM-EPIC Programmes](#)
Non-SingHealth Staff: For registration details, please email to ipsqworkshop@singhealth.com.sg