

## iTHRIVE\* – Reflect . Refresh . Recharge

\*iTHRIVE - i Transforming Healthcare through Resilience, Innovation, Values and Excellence

### PROGRAMME OVERVIEW

This programme is designed to provide you with the opportunity to Reflect, Refresh and Recharge through practicing Mindfulness.

These short and powerful practices allow you to recognize how you are feeling physically, mentally, and emotionally and will help you re-centre yourself in the present moment.

### LEARNING OUTCOMES

Learners will have an opportunity to:

- Learn and practise basic mindfulness, self-compassion and gratitude practices guided by a facilitator in English
- Share and discuss how to apply these practices at work and in daily lives

### WHO SHOULD ATTEND

All healthcare professionals.

### PRE-REQUISITE

Nil

### DURATION

12.00pm – 1.00pm

### AWARD OF CERTIFICATE

Not applicable

### COURSE FEES

SingHealth Staff: \$50 (Waived)

Non-SingHealth Staff: \$70 (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](mailto:ipsqworkshop@singhealth.com.sg)