

AM-EPIC Workshop:

iTHRIVE* – Reflect . Refresh . Recharge

WORKSHOP OVERVIEW

This 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

Participants will have an opportunity to:

- Learn and practice 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

- Open to all learners

DURATION

- 1 hour (Face-to-face)

COURSE FEE

- SingHealth and Duke-NUS Staff: Waived

PROGRAM FACULTY

Dr Tan Siok Bee

Deputy Director, Nursing (APN), Speciality Nursing, Singapore General Hospital

Camille Natalie Tan Hwee Ling

Assistant Director, Clinical Services, SingHealth Polyclinics

Zeng Wenying

Nurse Educator, Nursing Development Unit, National Heart Centre Singapore

SENIOR CONTRIBUTING FACULTY

Prof Tan Kok Hian

Group Director and Senior Associate Dean, IPSQ, SingHealth

REGISTRATION

Please email ipsqworkshop@singhealth.com.sg to find out about this course.

Registration is on a first-come, first-served basis.

Successful registrants will be notified via email with information on workshop details.