**iTHRIVE Faculty Interest Form**

Please send the completed form to SingHealth Duke-NUS Institute for Patient Safety & Quality Email Address: *ipsqworkshop@singhealth.com.sg*| Email Subject: Program Faculty for iTHRIVE

IPSQ is calling out for interested staff to join as iTHRIVE Faculty to conduct mindfulness sessions for our SingHealth colleagues. These sessions aim to bring colleagues together to practice mindfulness and support each other in our wellbeing. We welcome practitioners who have experience in conducting and facilitating group mindfulness session to join us as Faculty.

 Commitment Level: 1-hour face-to-face session for cluster (once every 2-month basis)

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| **Name:** Click here to enter text. |
| **Institution/Department:** Click here to enter text. |
| **Designation:** Click here to enter text. |
| **Email address:** Click here to enter text. |
| **Contact number:** Click here to enter text. |
| **Do you have any experience conducting mindfulness practice in small group(s)?**[ ]  **Yes ☐ No** |
|  **When did you start practicing mindfulness? Please briefly describe your journey:**Click here to enter text.  **If yes, please share the theme and format of session (e.g., gratitude? hope? mindful eating, etc.).**Click here to enter text. |