

AM-EPIC Workshop:

iTHRIVE* – Reflect . Refresh . Recharge via Zoom

A weekly session to revitalize ourselves

WORKSHOP OVERVIEW

This is designed to provide you with the opportunity to Reflect, Refresh and Recharge through practicing Mindfulness on a weekly basis.

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

- 30 Minutes

COURSE FEE

- SingHealth and Duke-NUS Staff: Waived

PROGRAM FACULTY

Ms Stacey Lee Henderson

Research Associate II, Department of Psychology, Allied Health Division, Singapore General Hospital

SENIOR CONTRIBUTING FACULTY

Prof Tan Kok Hian

Group Director and Senior Associate Dean, IPSQ, SingHealth

REGISTRATION

Please note that sessions will be conducted via Zoom Cloud Meetings App due to the current COVID-19 situation.

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