

# WELLBEING STRATEGIES TO BOOST **RESILIENCE** AND **MENTAL HEALTH**

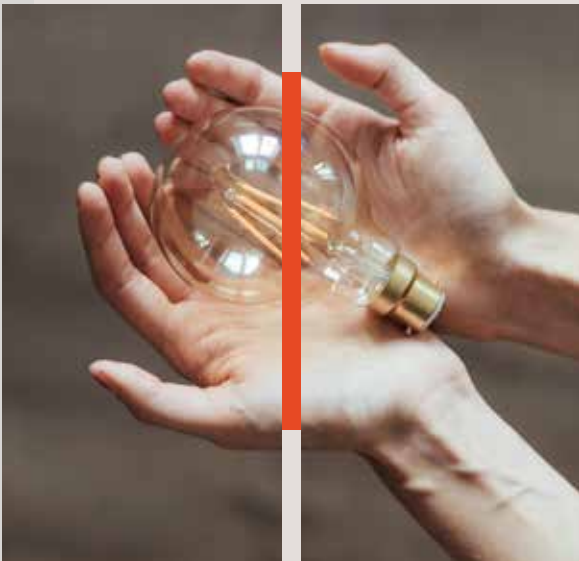
**SKILLSFUTURE  
CREDIT ELIGIBLE**

Resilience is important to your wellbeing, but what exactly is it and what part does it play in your overall mental health? In this course, you will learn more about the key elements that form resilience and the wellbeing strategies you can practice to **boost resilience for yourself and those around you.**



## Upon completion of the module, you will:

1. Understand the key components of Resilience and Mental health.
2. Practice techniques in building resilience, including thinking strategies, emotions interventions, and developing resilience resources.
3. Gain a personalised resilience plan that you can apply in your own life.



## COURSE DETAILS

Fee: S\$436 w/GST

Duration: 9 hours

**Award:** Participants will be issued with a Certificate of Completion upon meeting the attendance requirement

**Contact us** for the latest course run dates!



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