



# Certificate in Resilience and Coping Strategies

The module is organised around SPARK acronym and teaches learners to break simple and complex situations into manageable components of Situation, Perception, Affect, Reaction and Knowledge. The module enables learners to challenge their interpretation of any life situation and consider other alternatives as they are being introduced to the skills of assertiveness and problem solving. Learners are also helped to build their own 'resilience muscles' through identifying their strengths, social support networks, sources of positive emotions and previous experiences of resilience.

## Entry Requirements

- A pass (C6) in 1 GCE 'O' Level subject conducted in English, or
- A pass for ITE NITEC course in any field, or
- Mature candidates (30 years old and above), with 8 years work experience

## Course Delivery

- Lectures and case studies discussions
- Hands-on activities
- Class presentation

DURATION

**1** MONTH

REGISTRATION FEE

**\$163.50 w/GST**

TUITION FEE

**\$1853.00 w/GST**



+65 6884 5162



[enquiry@positivepsych.edu.sg](mailto:enquiry@positivepsych.edu.sg)



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