

# Empowering Human Potential and Wellbeing through **Positive Psychology**

WSQ SSG-Funded Course Guide



# The School of Positive Psychology

Singapore • Japan • Hong Kong • Philippines

## Established in 2007

The School of Positive Psychology is the first education and training facility in Asia dedicated to promoting the art, science, and practice of positive psychology and psychotherapy.

Alongside providing education and credentials, we are dedicated to advancing research, delivering impactful training, and championing the principles of positive psychology to empower individuals and communities to thrive and flourish.

## Our Vision

To help the world thrive through wellbeing-based education and thought leadership.

## Our Mission

To empower people with evidence-based, high-quality positive psychology and psychotherapy education, research, and professional development that fosters compassion and courage, and builds thriving communities, organisations, and societies.

The School of Positive Psychology is registered under the Enhanced Registration Framework (ERF). The ERF is administered by the SkillsFuture Singapore (SSG). ERF requires all students to be covered under the Industry-Wide Course (IWC) fee insurance scheme. In The School of Positive Psychology, this is provided through Lonpac Insurance Bhd.

For more details, please visit <https://www.skillsfuture.gov.sg/pei>

## Why You'll Love Learning with Us

- **Culturally Relevant Learning**  
Our programmes are tailored to resonate with the Asian market, reflecting an “intentional localism” approach that ensures cultural relevance and practical application.
- **Experiential Education**  
While knowledge is abundant, the real challenge lies in its application. We focus on experiential, practical, and applicable learning, equipping you with tools to thrive in real-world scenarios.
- **A Personalised Journey**  
Take ownership of your learning journey. Our customised pathways and elective options empower you to tailor your education to your goals and interests.
- **Purposeful Assignments**  
Gain clarity on assignment objectives and see the tangible benefits of your efforts. Every task is designed to maximise your investment of time and energy.
- **A Passion for Learning**  
Explore the full spectrum of psychology, from its foundational principles to transformative positive practices, with opportunities to delve into topics across the mental wellbeing spectrum from -10 to +10.



# Empowering Human Potential and Wellbeing through Positive Psychology

Grounded in positive psychology, this programme empowers learners to navigate life's pressures with greater self-awareness and confidence—whether for personal growth or to better support others in people-focused roles. Through evidence-based techniques and actionable strategies, you will learn how to maintain wellbeing, reframe challenges, and foster a healthier mindset for life and work.

# Curriculum



Duration	3 months (part-time)
Course Structure	4 terms per year
Intakes	Jan, Apr, Jul, Oct

Stress, burnout, and emotional strain are increasingly common across various areas of life. For many, finding and maintaining emotional balance, resilience, and a sense of wellbeing can often feel like an ongoing challenge.

This programme introduces practical, evidence-informed strategies to strengthen resilience, regulate emotions, and integrate sustainable self-care into daily life. Grounded in the science of positive psychology, the course is especially relevant for those in people-focused roles—or for anyone looking to develop greater self-awareness, manage stress more effectively, and create a more sustainable rhythm in life and work.

By focusing on how you respond to stress and nurture your wellbeing, you will learn in this course how you can foster lasting resilience. Your personal shift will not only support individual fulfillment but also contribute to healthier teams, more effective leadership, and workplace cultures that promote growth and flourishing.

## Learning Units

- Foundations of Positive Psychology and Wellbeing
- Self-Awareness and Understanding Limitations
- Recognising and Managing Professional Stress
- Enhancing Workplace Support Systems
- Creating and Updating Personalised Self-Care Plans
- Stress Management Techniques for Resilience
- Building Resilience Through Collaboration
- Reframing Negative Experiences
- Embedding Positive Wellbeing Practices
- Integration and Action Planning for Wellbeing

# Admissions

	Individual Sponsored	Company Sponsored [Non-SME]	Company Sponsored [SME]
<b>Course Delivery</b>	<ul style="list-style-type: none"> <li>Lectures and case studies discussions</li> <li>Demonstration, practice, discussion, and Q&amp;A</li> </ul>		
<b>Entry Requirements</b>	<ul style="list-style-type: none"> <li>A pass in 1 GCE 'O' Level subject conducted in English, or</li> <li>At least Grade 5 in GCE 'N' Level English Language, or</li> <li>At least D7 in GCE 'O' Level English Language, or</li> <li>Pass in any GCE 'A' Level subject conducted in English, or</li> <li>IELTS 5.5, or</li> <li>TOEFL (Internet Based) 59</li> </ul>		
<b>Course Fee</b> for foreigners and those not eligible for subsidies	S\$1,635.00 w/GST		
<b>Course Fee</b> for Singapore Citizens aged 39 years and below, and for Singapore Permanent Residents and Long Term Visit Pass+ Holders (The minimum age for individual sponsored trainees is 21 years old)	S\$885.00 w/GST	S\$885.00 w/GST	S\$585.00 w/GST
<b>Course Fee</b> for Singapore Citizens aged 40 years and above	S\$585.00 w/GST		
<b>Application Requirements</b>	<ul style="list-style-type: none"> <li>Application form</li> <li>Application statement</li> <li>1 recent passport-sized photo</li> <li>NRIC/Valid SG pass copy</li> <li>Updated resume</li> <li>Educational certificates and academic transcripts</li> </ul>		



# Get in touch






Please feel free to get in touch with us online or meet us on campus if you are interested in studying at The School of Positive Psychology.

For more information regarding our courses and entry requirements, please contact us using the following details.

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Thrive together.