

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.

Introduction

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.



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

Learning Outcomes:

- Explain the principles of positive psychology and evaluate how leveraging personal strengths can promote resilience and enhance overall wellbeing.
- Develop self-awareness by evaluating personal strengths, vulnerabilities, and stress indicators to identify opportunities for growth and improvement.
- Analyze the effects of stress and apply effective techniques, including mindfulness and positivity strategies, to manage and reduce its impact.
- Enhance workplace relationships and support systems by leveraging emotional intelligence, empathy, and strategies for gratitude to improve collaboration and resilience.
- Design and adapt personalized self-care plans using structured tools and positive psychology interventions to maintain and enhance wellbeing.
- Apply practical stress management techniques, including optimism, reframing, and flow strategies, to enhance emotional resilience and focus.
- Build team resilience and wellbeing by fostering a growth mindset, applying coaching techniques, and creating supportive collaborative environments.
- Reframe negative experiences and apply post-traumatic growth strategies to foster resilience and emotional agility.
- Integrate sustainable wellbeing practices into daily routines and organizational initiatives to promote long-term resilience and growth.
- Develop, implement, and refine comprehensive action plans using positive psychology interventions to enhance personal and organizational wellbeing.

Curriculum



Lesson 01

Foundations of Positive Psychology and Wellbeing

- Understand how positive psychology supports personal and professional wellbeing.
- Identify barriers and use strengths-based strategies to enhance resilience and growth.
- Leverage evidence-based tools and workplace resources to foster lasting wellbeing.

Lesson 02

Self-Awareness and Understanding Limitations

- Use self-assessment tools and reflection exercises to deepen self-awareness and personal growth.
- Recognise physical, emotional, and behavioural signs of stress and their impact on wellbeing.
- Understand personal health risks and build strategies to manage stress effectively.

Lesson 03

Recognising and Managing Professional Stress

- Distinguish between acute and chronic stress and their long-term effects.
 - Practise mindfulness and emotional regulation to manage stress effectively.
 - Create daily habits and micro-moments of positivity to support overall wellbeing.
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Lesson 04

Enhancing Workplace Support Systems

- Evaluate current support systems and identify opportunities for workplace improvement.
- Use emotional intelligence to strengthen team communication, trust, and collaboration.
- Foster connection through empathy and gratitude-based team practices.

Lesson 05

Creating and Updating Personalised Self-Care Plans

- Create flexible self-care plans using structured tools.
- Apply positive psychology and self-compassion to strengthen emotional wellbeing.
- Review and adjust self-care strategies regularly to stay responsive to changing needs.

Lesson 06

Stress Management Techniques for Resilience

- Apply optimism and hope-based techniques to build resilience in tough times.
 - Use reframing and cognitive restructuring to turn challenges into growth opportunities.
 - Engage in flow activities to boost focus, reduce stress, and enhance wellbeing.
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Lesson
07

Building Resilience
Through
Collaboration

- Empower teams through strength-based coaching and a shared growth mindset.
- Turn setbacks into learning moments with strategies that build collective resilience.
- Foster a resilient organisational culture through team-focused wellbeing practices.

Lesson
08

Reframing Negative
Experiences

- Reframe negative experiences to uncover growth opportunities and positive outcomes.
- Explore post-traumatic growth and emotional flexibility as tools for resilience.
- Apply practical techniques and case studies to build reframing skills for personal and professional development.

Lesson
09

Embedding Positive
Wellbeing Practices

- Establish daily self-care habits and adaptable routines to support long-term resilience.
- Continuously review and personalise self-care practices to meet evolving needs.
- Promote wellbeing by leading wellness initiatives and fostering supportive communities.

Lesson
10

Integration and
Action Planning for
Wellbeing

- Develop and integrate practical wellbeing strategies into daily routines.
 - Lead impactful wellbeing initiatives using positive psychology tools and clear communication.
 - Use feedback to refine and sustain effective wellbeing action plans.
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Admissions






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

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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Are you ready for your first step? Let us journey together with you now.

Discover how our programmes can transform your future.
Chat with us to find the best fit for your goals.



Thrive together.