

4. Online Resilience Training Package

Online EAP package valid for 1 year



Workplace Wellness and Resilience Course

Online Group Sessions

6 online modules on:
Understanding Stress
Self-Care
Mood
Performance
Conflict Management
Managerial Care Tools

Group sessions can be repeatedly screened during the 1-year validity period to maximise reach. Click [here](#) for details

Modules 1 – 5

Each module is 90 minutes long and is made up of 6 micro-lessons

Module 6

The Managerial Care Tools module is 120 minutes long and is made up of 8 micro-lessons



Individual E-learning + Certification

Individual E-learning Track

for self-learning + certification

*30 individual login accounts for e-learning with certification

Click [here](#) for details

5. Develop mental health first aid skills

6. Enhance career development



Helpline

Call to book a confidential counselling session
9 – 6pm on weekdays
9 – 12pm on Saturdays

Payment for counselling sessions are not included in the package but will incur additional charges as [listed here](#).



Email Service

Dedicated email enquiry service to make an appointment or clarify concerns

Respond within 1 working day

Email: mindwealth360@promises.com.sg

GST not included

S\$4,000

* Additional e-learning accounts can be purchased at S\$10 per account or S\$80 for 10 accounts ([click here](#)).
