



TALKS & WORKSHOPS PROGRAMMES CENTRE

(for Secondary Schools)

- : Available for assembly talk
- : Available for workshop

Assembly talks are pitched at increasing awareness and gaining knowledge to improve students' social-emotional well-being.

Workshops consist of specific content aimed at changing attitudes and developing new skills to resolve challenges to improve students' social-emotional well-being.

RATES

Assembly Talk: \$150
Workshops: \$400

DURATION:

Assembly talk: 30 minutes
Workshop: 1.5 to 2 hours

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CONFLICT MANAGEMENT

People differ in needs, habits and opinions. When there are differences, there will be conflicts. Learning how to resolve conflicts will help bring about better communication and establishing stronger relationships.

Learning Objectives:

- Gain situational awareness of conflicts
- Adopt and utilize 5 styles of conflict management
- Strategise effective steps to conflict resolution

ANGER MANAGEMENT

Anger is an emotion. It is alright to be angry but it is not alright to hurt yourself or others while you are angry. Learn to manage it before it manages you.

Learning Objectives:

- Diffusing triggers in different situation
- Breaking angry thought patterns with creativity
- Replace angry feelings with healthy emotions
- Tips to manage anger
- Be equipped with resources to seek help from

BODY IMAGE

How we see our body can affect our self-esteem. Self-esteem is a person's overall sense of self-worth. A positive self-esteem makes a person more confident in embracing the challenges that happens around him or her.

Learning Objectives:

- Understand and pursue a positive body image
- Identify barriers to a positive body image
- Reap the rewards of a positive body image
- Utilise practical tips for improving body image

SELF-ESTEEM

Self-esteem is a person's overall sense of self-worth. A healthy self-esteem is a foundation to build perseverance, resilience and confidence. It is important for one to feel good and confident about oneself.

Learning Objectives:

- Discover their strengths and learn self-acceptance
- Learn about positive and negative thoughts

PEER PRESSURE

Peer pressure has been identified to increase risk taking among children and youth resulting in undesirable behaviours such as smoking, playing truant, etc. Thus it is important for students to identify and manage negative peer pressure.

Learning Objectives:

- Gain situational awareness of negative peer pressure
- Respond effectively to negative peer pressure
- Emerge out of peer pressure healthily
- Develop strategic processes during peer pressure

STRESS MANAGEMENT

People encounter stress in different phases of their lives. This workshop on stress management is taking a proactive step in providing participants with adequate tools they can use when stressful situations arises.

Learning Objectives:

- Gain self awareness of causes of stress
- Deal with stress early and effectively
- Utilize opportunities in stress
- Emerge effectively out of stress
- Develop resolve and resilience



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