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MINDSET Learning Hub
is a collaboration between the
Jardine Matheson Group
through its registered charity,
MINDSET Care Limited
and
Singapore Association for Mental
Health (SAMH).

For a one-time registration of
S\$50,
you will gain access to all the
programmes, courses, talks and
workshops delivered in our
centre at no extra charges.



CONTACT US



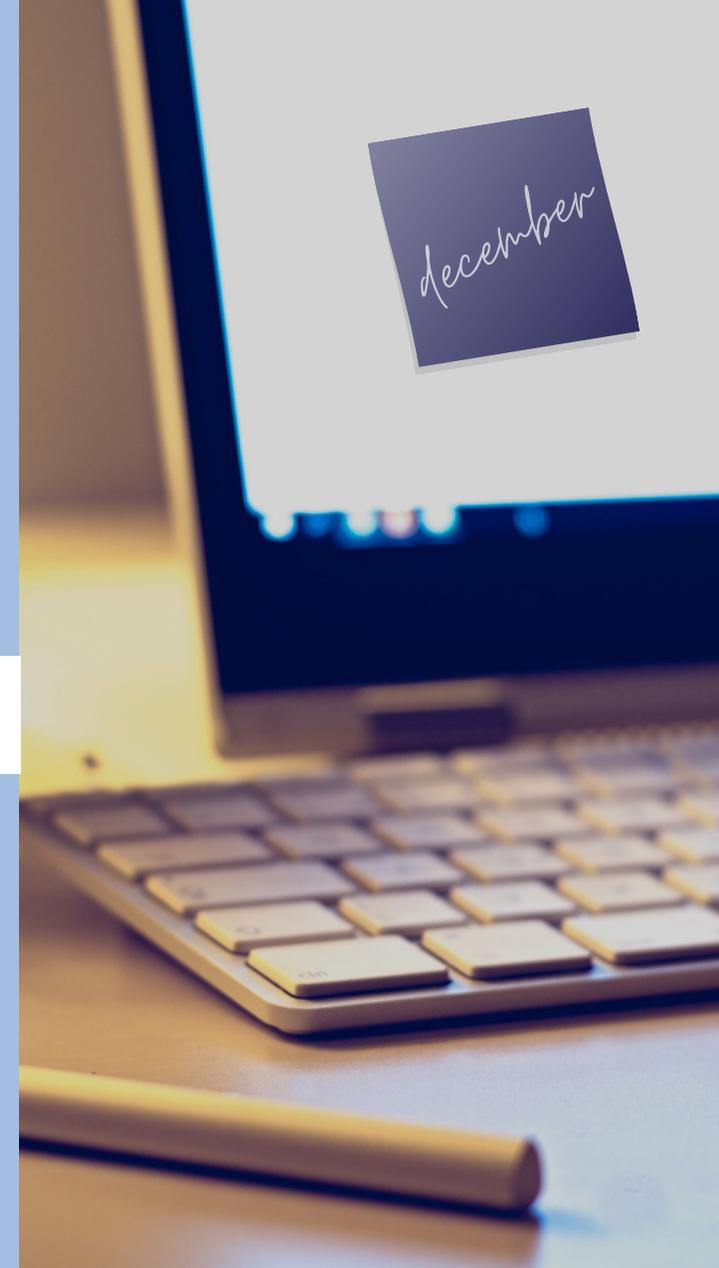
mindsetLH@samhealth.org.sg



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Mindset
LEARNING HUB



DEC 2020

All our courses and workshops require registration

Do call or email us to reserve your slots!

To Register

Step 1:

email mindsetLH@samhealth.org.sg indicating your interest for any of the sessions*.

Step 2:

A link will be sent to your email or mobile phone (tell us which do you prefer) to access the online sessions with the password.

Step 3:

On session days, remember to enable the microphone and video camera function on your computer.

Step 4:

ENJOY the sessions with us!

**If you require support to join these sessions online, let us know in the email and provide us a number to call you.*

+(65) 6665 9220

mindsetLH@samhealth.org.sg

TIME-OUT WEDNESDAYS

by: *Douglas Bullock*

Douglas is back again this year!

He will take you through 8 sessions covering various topics designed to help one in esteem-building and character development while placing emphasis on the importance of social relationships and positive interactions.

The full series will take place in November through to December. Your continual participation and commitment to all 8 sessions are preferred.

This will be facilitated via small group learning with discussions and activities with limited seats, register early to secure your place.

2:00pm - 4:00pm

**Workshop 5 | 2 Dec, Wed | at MLH
Slowness And Savouring, Positive Relationships**

**Workshop 6 | 9 Dec, Wed | at MLH
Positive Communication, Altruism**

**Workshop 7 | 16 Dec, Wed | at MLH
Meaning And Purpose, Achievement**

**Workshop 8 | 22 Dec, Tue | at MLH
Summary**

HOPEFUL THURSDAYS

by: *Neelum Sanderson*

Join Neelum Sanderson on Thursdays!

Neelum has more than 20 years of experience in healthcare management and an Occupational Health Manager with a demonstrated history of working in the oil & energy industry.

Skilled in coaching, emergency management, occupational health, management, and healthcare management. She is also a strong healthcare services professional with a MSc in Occupational Health (policy and practice) focused in Occupational Health from Cardiff University / Prifysgol Caerdydd.

2:00pm - 5:00pm

Disclosure | 3 Dec, Thu | Online

This is an interactive session on How to Disclose your health condition to your employer. We will cover the following:

- Why we might be concerned.
- The benefits of disclosing.
- The ideal way of disclosing.

**Motivating Self for Employment
| 17 Dec, Thu | TBA**

The Benefits of Employment and how to improve your Employability will be covered in this interactive session, and in the following sequence: .

- benefits of being employed
- practical tips of improving employability