



# Improving Mental Wellness for a Safer Workplace

## SDU 14 Points

### Synopsis

WSH professionals must often tread carefully to manage diverse stakeholders' competing and conflicting needs and interests to achieve organisational goals and personal KPIs. Such demands can be mentally stressful and emotionally draining. To consistently perform optimally, professionals must stay mentally and emotionally strong, resilient, and alert.

This two-day programme covers concepts of Positive Psychology (The Science of Happiness) that teach participants to build robust and resilient mental capabilities to cope with workplace stress.

### Learning Outcome

Upon completion of this workshop, participants will be able to:

Define Positive Psychology	Cultivate Resilience
Identify Strengths	Pursue Meaning and Purpose
Cultivate Positive Emotions	Practice Gratitude
Practice Mindfulness	Set Realistic Goals
Foster Positive Relationships	Enhance Self-Compassion
Apply Positive Psychology to Stress Management and Promote	Positive Work Environments

### Who should attend

- Senior Managers / Business Owners who formulate policies on safety practices and operating culture.
- Workplace Safety and Health professionals
- Human Resources practitioners
- Anyone interested in building strong mental well-being.

### Trainer's Profile

William entered the Skillsfuture training space in 2008. He brought with him thirty years of corporate experience in industries spanning manufacturing, fast-moving consumer goods, and logistics. These experiences gave him profound insight into the dynamics of workers and management relationships.

He has over a decade of experience conducting various WSH courses spanning from operations to managerial levels. He has also collaborated with SISO Academy to develop and conduct specialised professional development programs in Emotional Intelligence, Engaging Multi-generational Workforce, Effective team Engagement, Creative Ways of Generating Ideas for WSH Professionals, Code of Ethics For WSH Trainers, and Coaching Skills for WSH Professionals.

William's latest interest is in workplace wellness. He strongly believes that poor mental health is more hazardous to workplace safety than other forms of hazards because it has few overt signs – most of the time, it is invisible until the conditions erupt or explode, and it usually results in very nasty consequences.

For this concern, he has taken a new project under the Total Workplace Safety and Health initiative to visit various construction sites to share ideas with migrant workers on managing occupation stress.

#### Course Fee:

SISO Member:	S\$490.00
Non SISO Member:	S\$540.00

Course dates: 1. 20-21 Jan 2025    2. 06-07 Mar 2025    3. 06-07 May 2025

Time: 9am to 5 pm per day

*(Fees include GST and e-training materials)*

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*The Academy reserves the right to amend the programme content, or to cancel or Change the date of the programme*