

Mastering The Facets of HR



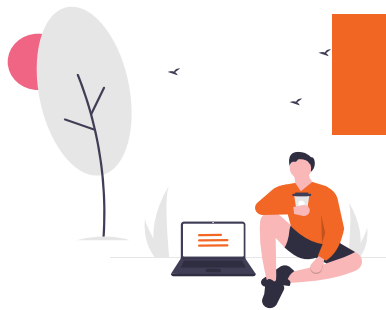
Duration
13 Weeks

Certificate in Positive Psychology

The certificate equip participants with positive psychology knowledge and skills to engage others, maximise employees' potential through coaching, and manage work relationships and performance in an organisation.



Scan to find out more information about the course!



Emotional Intelligence & Psychology



Duration
4 Days

In any industry, people may find themselves needing to resolve conflict in the workplace between management and staff, between colleagues or between staff and customers. It is becoming increasingly crucial to empower individuals with knowledge in counselling skills to intervene effectively and appropriately with such problems at work. Participants will also build and improve their self-awareness, management and direction through the practice of emotional intelligence elements and practicing the infusion into frontline applications during this 4-day workshop.



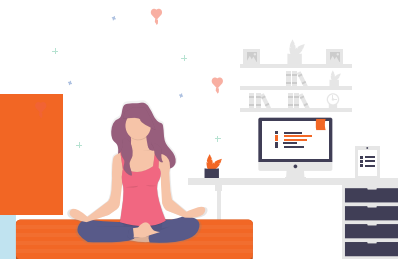
Scan to find out more information about the course!



Duration
1 Day

Managing Energy for Optimal Work Performance

The 1-day workshop allows participants to understand and experience the importance of the use of energy for optimal work performance. They will learn how to apply the science of psychology, exercise, and nutrition to manage the different dimensions of their energy. Participants will leave the workshop with a self-management toolkit they can use in their personal and work lives.



Scan to find out more information about the course!

Emotional Intelligence



Duration
Coming soon
in June 2021



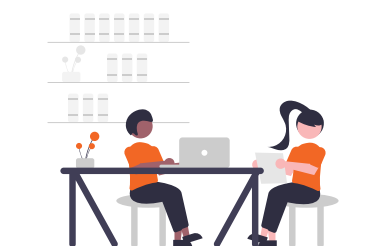
The 2-day workshop will help participants become familiar with the competencies of emotional intelligence, building better self-awareness, management and direction through the practice of emotional intelligence elements and practicing the infusion in the real world.



Duration
Coming soon
in June 2021

Positive Psychology for HR Leaders

The 2-day workshop provides experiential training for HR leaders on integrating positive psychology principles in the design and delivery of HR strategies. It enables HR leaders to use evidence-based workplace wellbeing practices and strengths interventions within their teams to support a value-based approach that can be used to propel the organisation towards a culture of optimal functioning – increasing employee engagement, organisational citizenship and psychological safety.



Professional & Adult Continuing Education (PACE) Academy

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Operating Hours:

Mondays to Fridays - 8:30am to 8:00pm
Closed on Saturdays, Sundays and
Public Holidays.

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