

# Mental Fitness with M.I.N.D. Strategies

## WORKSHOP OBJECTIVE

This workshop is designed to help you in embracing diverse mental fitness practices in understanding yourself and prioritizing your time to keep physically and mentally fit by adopting key strategies that address various aspects towards a holistic well-being. Embracing evidence-based approaches across different categories with the M.I.N.D. strategies, to develop resilience to cope with life challenges and to derive a customized self-pace therapeutic care plan.

## WORKSHOP OUTLINE

- Explore and derive evidence-based good knowledge of your self-worth
- Develop a self-pace therapeutic plan and avoid mind traps
- Apply M.I.N.D. strategies to build mental fitness
- Learn and embrace mindfulness techniques

## METHODOLOGY

Evidence-based learning with case studies, questionnaire/quiz, experiential and curated role play, group discussions, facilitation and sharing, critique and review

## FOR WHO

Individuals who face challenges in life and need to build resilience, self-care with self-pace program

## FACILITATOR

Anne Go has held various Human Resources roles across private corporations and public sector, spending at least 12 years with the Ministry of Manpower from Human Resources to leading Corporate Services, Corporate Planning, Organization & Learning Development teams in the last stint. In her 25 years of professional experience, she was also involved in sales and marketing, strategic workforce planning and developmental training. Among the successful implementation of initiatives, Anne has helped organizations to develop new or redesign human resources frameworks, curated change management processes to increase quality, customized training programs, streamlined and digitalized HR processes.

Anne holds two master's degrees, Master of Counselling from Monash University and Master of Management in Human Resource Management from Macquarie University. As a HR Practitioner and trained Counsellor, the dual roles allow her to integrate therapeutic approaches into HR practices, enhancing employee well-being at the forefront of organizational strategies. Anne also believes in being socially responsible. She commits her time in doing community work and is currently serving as a management committee member at Lighthouse School.