

# Workplace & Team Resilience – Using Evidence-based Approach

## DATE/TIME

24 June 2025, Tuesday  
9.30am to 5.30pm

## FACILITATOR

Anne Go  
Chief Operating Officer  
Counsellor  
Eliteus Pte Ltd

## VENUE

Metropolitan YMCA  
60 Stevens Road  
Singapore 257854  
(Nearest is Stevens MRT  
Station - DTL & TEL)  
(Free parking until full)

## FEES

S\$580 (after SG60  
special 15% discount),  
includes a participant  
workbook, e-Certificate,  
lunch and tea-breaks.

## REGISTRATION & PAYMENT

Please click or scan the  
QR Code to register.  
Registration closes  
on 16 June 2025.



PayNow to  
UEN 202300242C

## MORE INFORMATION

Email to  
[enquiry@eliteus.com.sg](mailto:enquiry@eliteus.com.sg)

**Note:** Minimum group size is required for a confirmed class. Eliteus reserves the right to postpone/cancel the scheduled session before its commencement if minimum class size is not met. The workshop venue may also be subject to change.

## WORKSHOP OBJECTIVE

This workshop is specially designed to provide evidence-based practical resources and tools in helping supervisors and above to build workplace and team resilience, by working on strengthening the emotional state of well-being and ways to create system for peer support in the work environment and focus on self-resilience at the same time.

## WORKSHOP OUTLINE

- Explore why employees feel the way that they do in difficult situations from the lens of a HR Practitioner and Counsellor and the impact to their well-being and work performance.
- Build a supportive workplace environment and encourage peer support and help-seeking behavior.
- Identify, develop and apply effective resources and practical approaches to deal with challenging situations with basic psychological defense skills.
- Relate your learning to your experiences with self-resilience action plan.
- Learn Mindfulness and Relaxation 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

Human Resources | Managers | Supervisors | Team Leaders | Employees with supervisory roles

## 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.