



Building Resilience in Parenting

DATE/TIME

6 December 2025
Saturday
9.30 am to 12.30 pm

VENUE

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

FACILITATOR

Anne Go
Director, Learning & Consulting | Counsellor
Eliteus Pte Ltd

CLASS SIZE

6-16 participants

WORKSHOP FEE

S\$230 per participant, includes a e-workbook, e-certificate and tea-breaks.

S\$195 (15% discount) for 2nd participant register for same session.

REGISTRATION & PAYMENT

Please click or scan the QR Code to register. Registration closes on 26 Nov 2025.



PayNow to
UEN 202300242C

MORE INFORMATION

Email to
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

Research indicates that positive parenting contributes to various aspects of a child's well-being, including academic success, social-emotional development, and behavioral outcomes. Studies even suggest that it plays a crucial role in protecting children from the adverse effects of stress, promoting healthy brain development, and fostering resilience. In essence, this workshop is specially designed to help participants explore 3 key parenting techniques, nurturing positiveness in parenting with a holistic approach to developing resilience and guide children toward positive behavior.

WORKSHOP OUTLINE

- Realize parenting styles and the influences on child's development
- Gain knowledge of recognizing signs of depressive / anxious behaviors and techniques to handle
- Learn communication strategies to manage conflict and anger
- Develop resilience with 3 key parenting techniques and guide children's behavior in positive ways

METHODOLOGY

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

FOR WHO

Parents | Grandparents | Guardians

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.