

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

DATE/TIME

19 November 2025,
Wednesday
2.00pm to 5.00pm

FACILITATOR

Anne Go
Director, Learning &
Consulting | 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\$230 includes
participant e-workbook
▪ Every 2nd pax 15%
discount - S\$195
includes participant e-
workbook

REGISTRATION & PAYMENT

Please click or scan the
QR Code to register.
Registration closes
on 10 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

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.