

Workplace & Team Resilience – Using Evidence-based Approach

DATE/TIME

21 May 2026, Thursday
9.30am to 5.30pm

VENUE

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

FACILITATOR

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

CLASS SIZE

6-16 participants

WORKSHOP FEE

S\$580 per participant,
includes a workbook, e-
certificate, lunch and tea-
breaks.

REGISTRATION & PAYMENT

Please click or scan the
QR Code to register.
Registration closes
on 12 May 2026.



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 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

- Insights into the emotional drivers behind employee responses in challenging workplace situations, viewed through the combined perspectives of HR practice and counselling.
- A work environment grounded in psychological safety, peer support and healthy help-seeking behaviors.
- Practical approaches to deal with challenging situations with basic psychological defense skills
- Personalized emotional regulation action plan.
- A calm space to experience mindfulness and guided relaxation technique, encouraging habits that promote balance and emotional regulation.

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 has served as a Chair for the Human Resources sub-committee at the Singapore Association of the Visually Handicapped and also the management committee member at Lighthouse School.