



Eliteus Pte Ltd

# Building Resilience in Parenting

## DATE/TIME

TBA  
9.30 am to 12.30 pm or  
2 pm to 5 pm  
(3 hours)

## 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\$230 per participant,  
includes e-workbook and  
e-certificate

## 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

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

- Overview of parenting styles and their influence on a child's development
- An understanding of early signs of depressive or anxious behaviors in children, along with supportive techniques caregivers can use.
- Introduction to communication approaches that help manage conflict and regulate anger
- Framework of 3 key parenting techniques that nurtures resilience and encourage positive behavioral growth in children

## 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 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.