



# ThriveSg

*Growing Emotionally, Thriving Significantly.*

**ThriveSg** seeks to empower **young people (17-25 years old)** from all walks of life and of different faiths, to thrive significantly by **promoting emotional wellness & resilience**, through **cultivating self-discovery, providing emotional healing** and **supporting personal growth**. We also champion a help-seeking culture to overcome the stigma of mental illnesses and emotional challenges.

## CULTIVATING SELF-DISCOVERY

This involves **knowing who we are**, building a sense of self, through an **awareness of our emotions**, connecting with them in a healthy way because emotions are a part of us. When we are disconnected with our emotions, we will be disconnected with our true self.



## PROVIDING EMOTIONAL HEALING

Unhealed wounds, unresolved hurts, unexpected painful losses and traumas we experienced in life affects the way we see ourselves and view our world. These experiences shape our beliefs and if we have self-limiting beliefs, they will hinder our potential in life and our relationships with others and ourselves. **Healing these wounds** and baggages **empower us** to not just survive but **thrive and live a significant life**.



# SUPPORTING PERSONAL GROWTH

To be effective and successful in our career these days, we not only need academic qualifications but also emotional intelligence (EQ). EQ gives one the ability to **build effective interpersonal relationships** and to work well with others. We provide support for growth not just in the area of cultivating EQ but **coaching** that will help you reach your goals, as well as life **mentoring** that will help you become all that you are created to be. We believe in **growing holistically** as a human being because every part of our lives are interconnected.



## WHO IS THRIVESG FOR?

We want to support and empower **young people (17-25 years old)** through providing talks, workshops, coaching and counselling services towards emotional wellness, resilience and growth.

We also want to journey with those struggling with issues, not limited to, but such as:

- Anxiety
- Anger
- Addictions
- Burnout
- Depression
- Codependency
- Self-Esteem Issues
- Childhood Traumas
- Perfectionism
- Grief & Losses
- Relationship Issues
- Post Traumatic Stress Disorder (PTSD)
- Life Transition Issues

## WHAT WE OFFER:

**COUNSELLING\***  
(online / face to face)



**EMOTIONAL COACHING**



**LIFE MENTORING**

Email us at [thrivesg@cru.org.sg](mailto:thrivesg@cru.org.sg)

Let us know what kind of support you need and we will be in touch with you.

*\*Volunteer counsellors are either Masters-trained, SAC registered, or interns undergoing their Masters program. **ALL** our volunteers are carefully screened through personality assessments & interviews before selection, and are well supported by clinical supervision from senior clinicians.*



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