

Thrive

Growing Emotionally
Thriving Significantly

THRIVESG IS A MINISTRY THAT SEEKS TO **EMPOWER PEOPLE TO THRIVE SIGNIFICANTLY** BY PROMOTING EMOTIONAL WELLNESS & RESILIENCE, THROUGH CULTIVATING SELF-DISCOVERY, PROVIDING EMOTIONAL HEALING AND SUPPORTING PERSONAL GROWTH.

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 & empower **tertiary, pre-university & university students** 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 and losses
- Relationship issues
- Post Traumatic Stress Disorder (PTSD)
- Life transition issues

WHAT WE OFFER

Counselling*
(online / face to face option)

Personality Assessment

Career Coaching

Emotional Coaching

Life Mentoring

Email us at thrivesg@cru.org.sg

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

*All our volunteer counsellors are registered with the Singapore Association for Counselling