

Join our certified therapists on an...

Emotional Resilience Transformational Journey

In just six sessions, you will...

1. Learn emotion regulation skills
 2. Learn to manage your inner critic!
 3. Learn skills to manage stressful triggers
 4. Understand the importance of boundaries
 5. Receive an Emotional Resilience toolkit manual ...
- ... and more!

What makes this special?

You won't be on this journey alone! This workshop takes place within a *safe community* of other people hoping to grow in emotional resilience too! and, you will be *facilitated by trained counselors!*

Details

Spaces are limited,
sign up now!



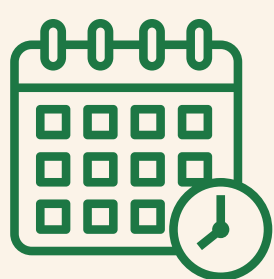
Ages 17-25



TBC, and on Zoom



Early bird: \$60
Regular: \$80



Every Wednesday, 22 June to 27 July, from 7-10pm
Our welcome session (session 1) will be held in person, and food will be provided!

All subsequent sessions will be held on Zoom

SIGN UP NOW:

Visit: tinyurl.com/ertj2022



Or scan our QR code!
Early Bird Deadline: April 30
Registration closes May 31



Questions?
Instagram: @thrivesg.tribe
Email: thrivesgtribe@cru.org.sg
Visit: www.cru.org.sg/thrivesg

PAMELA KOH

Pamela Koh is the Founder and Lead Counsellor of ThriveSg. She has worked with tertiary students for more than 18 years. She is a registered counselor and clinical member of Singapore Association of Counselling (SAC). As a certified therapist in Eye Movement Desensitization Reprocessing (EMDR), she specialises in working with all kinds of trauma and grief issues. She is also trained in DISC personality profiling and is a certified trainer (ACTA). She has experience training and teaching at Social Service Institute (SSI) and Singapore University of Social Science (SUSS). Pamela is passionate about helping people grow emotionally and heal from their past traumas so that they can reach their fullest potential and thrive significantly in life.



MEET OUR FACILITATORS

BRIAN GAN

Brian Gan has a Master of Arts in Counselling. He is a certified T-JTA Accredited Practitioner in personality assessment and trained in DISC profiling. He is also a certified Prepare/Enrich facilitator in marriage counselling. As a certified trainer (ACTA) and a certified training developer (DACE), he is experienced in conducting effective psycho-education programs. Brian believes that life is a journey of discovering ourselves. He is passionate about helping people grow in self awareness, holistic living and interpersonal relationships.

