

ThriveSg (Thrive Significantly) invites you on an

EMOTIONAL RESILIENCE TRANSFORMATIONAL JOURNEY 2026

This new year, invest in your personal growth!

Join us on a journey designed to equip you with **practical skills** to thrive in your **life, career and relationships**.

DATES

4 Saturdays **27 JUNE, 4 JULY**
11 JULY, 18 JULY 2026

9.30AM - 3.30PM (lunch provided)

Please attend all sessions as each builds on the skills of the previous ones.

VENUE

CRU CENTRE
18 VERDUN ROAD LEVEL 3

COURSE FEE

Early Bird (1 Mar to 31 Mar 2026):
Students \$230 / Working adults \$330

Registration (1 Apr to 15 May 2026):
Students \$260 / Working adults \$360

Registration closes on **15 May 2026**
(Or earlier when full capacity is reached).

Subsidy is available, please email
thriverscribe@cru.org.sg

This course is designed for tertiary students and young working professionals (17-35 years old)



Learn emotional regulation skills

Manage your internal critic, stress & anxiety

REGISTER HERE

cru.sg/ertj





Understanding attachment theory and cultivating healthier boundaries

Enjoy four weeks of intentional self-care within a safe and supportive environment.

You will be guided through self-discovery and the learning of emotional resilience skills led by trained facilitators across four interactive sessions.



Process difficult emotions using therapeutic arts and movement therapy

Identify and change limiting negative beliefs

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This course is specially curated by **Pamela Koh**, Founder & Clinical Director of ThriveSg, and draws from her many years of working with young people. She's a registered counsellor & clinical supervisor with the Singapore Association of Counselling (SAC) & a certified therapist in Eye Movement Desensitization Reprocessing (EMDR). Pamela specialises in working with all kinds of trauma and grief-related issues that often underlies mental health issues like anxiety, depression, addiction and eating disorders.



ABOUT COURSE TRAINER

Find resources for your mental & emotional resilience, empowering you to thrive significantly in life!



cru.sg/ertj



thrivesg.tribe