



As part of



MENTORING SUCCESS

For effective mentoring relationships



Mentoring is a business relationship between the experienced individual mentor and a young mentee. This program helps you build a strong mentoring relationship - sharing your knowledge & experience, helping them grow in their career or simply become better individuals.

[**REGISTER NOW**](#)

Dates - 16-Nov-22 / 8-Feb-23

Venue - One Commonwealth

Nett fee after NSA subsidy

(Singaporean & PR aged 50+) - S\$50





ART OF FACILITATION

Become an Engaging Trainer now!



Learn the art and skills of a becoming a trainer in this practical & exciting workshop. This foundational program provides a variety of concepts and techniques, along with a fully ready-to-use starter-kit. You will be assured of delivering fruitful and successful sessions in your endeavor.

REGISTER NOW

Dates - 19-Oct-22 / 22-Feb-23

Venue - One Commonwealth

Nett fee after NSA subsidy

(Singaporean & PR aged 50+) - S\$50





As part of



STEP UP, SPEAK OUT

Build the Public Speaker & Presenter in You



Craft a simple speech that is clear, design effective slides, employ vocal variety to engage audience, use body language more effectively and much more through this one day workshop.

REGISTER NOW

Dates - 14-Dec-22 / 25-Jan-23

Venue - One Commonwealth

Nett fee after NSA subsidy

(Singaporean & PR aged 50+) - S\$46





HELPING THE PEOPLE WITH DISABILITIES

Interact & Support them with confidence



Learn how to interact with the visually challenged/hearing challenged and wheelchair users. Understand their challenges through a simulation. Promote a more inclusive society.

REGISTER NOW

Dates - 6-Oct-22 / 3-Nov-22

Venue - One Commonwealth

Nett fee after NSA subsidy

(Singaporean & PR aged 50+) - S\$40





HOW TO CONTRIBUTE TO YOUR COMMUNITY (LEVEL 1)

Service Learning for Impact



Learn specific skills of managing a community project, coordinating and engaging with stakeholders, and outreach to the community. This workshop culminates in a local service-learning project

REGISTER NOW

Dates - 25-Oct-22 / 29-Nov-22

Venue - One Commonwealth

**Nett fee after NSA subsidy
(Singaporean & PR aged 50+) - S\$40**





4 ELEMENTS OF FACILITATING EXPERIENTIAL LEARNING

Essential Tools for Facilitating Group Activities



Learn the essentials of facilitation through the imagery of four elements. Develop a program using an experiential learning framework to connect with the participants and create impact at end of the program.

REGISTER NOW

Dates - 24-Nov-22 / 24-Feb-23

Venue - One Commonwealth

**Nett fee after NSA subsidy
(Singaporean & PR aged 50+) - S\$50**



SENIORPRENEURSHIP

Active and Meaningful Living



Are you aspiring to start something whether it is a business, or a non-profit to impact lives? Discover the GEMS in you, and how to turn them into a solution then into a business, and what it takes to bring them to the target market using the 4D Approach.

REGISTER NOW

Dates - 21-Nov-22 / 5-Dec-22

Venue - One Commonwealth

Nett fee after NSA subsidy

(Singaporean & PR aged 50+) - S\$40





ACTIVE MIND WITH ACCELERATED LEARNING

Lifelong Learning Lifestyle



Many people said that as they age, their brain is not functioning well. This program helps you to learn things fast and training of thinking skills plus exploration into Transdisciplinary Thinking. A Great way to prevent Dementia while learning new things to impact others!

REGISTER NOW

Dates - 16-Jan-23 / 30-Jan-23

Venue - One Commonwealth

**Nett fee after NSA subsidy
(Singaporean & PR aged 50+) - S\$40**

