



*Uplift people
during difficult
times*

Para- Counselling Skills



Leaders who can help their teams cope with change and stressful situations are seen as more effective. Participants in this course are equipped with fundamental counseling skills to help others during their difficult times. Para-counseling skills come in handy to help others get back on their feet and solve problems in the very set-up from which problems emerge.

By the end of this course participants will be able to:

- **IDENTIFY** basic mental health concerns such as stress, anxiety, and depression.
- **PROVIDE** engagement to help team members cope with change and stressors.
- **APPLY** engaged listening and questioning skills during para-counseling session.
- **RENDER** emotional support to individuals during the Covid-19.

Date

2nd & 3rd August
(Mon & Tue)

Time

9.00am – 5.00pm

Speaker

WINSTON CHEW



LEARN ANYTIME AND ANYWHERE!



SAVE COST



SAVE TIME



STAY SAFE



STAY AHEAD

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