

# Learning & Wellbeing Programme Catalogue



# Learning & Wellbeing Catalogue Overview

Intellect offers evidence-based sessions designed to enhance employee wellbeing, engagement, and resilience. Rooted in psychology, coaching, and organisational development, our interactive programmes empower individuals and leaders to thrive personally and professionally.

Our programmes address both personal and professional growth, equipping participants with the tools to navigate challenges, build resilience, and foster long-term success.

## Programme Types



### Webinars/ Seminars

Virtual: 1000 pax  
Onsite: 80 pax

Delivered as virtual, or in-person sessions, these are short, impactful sessions designed to raise awareness, introduce participants to essential strategies for improving their wellbeing and performance.



### Interactive Workshops

Up to 25 pax  
per group

Designed for smaller groups, workshops offer a deeper dive into the topic through collaborative learning, interactive discussions, practical activities, and case studies. With a focus on practical application, workshops impart knowledge and motivate participants to reconsider existing behaviour patterns and practical application.

### Specialised Programmes

Up to 15 pax  
per group

In-depth learning journeys with a series of modules delivered over several weeks targeting specific population groups, these sessions combine small-group learning with practical applications to foster accountability, mindset and behaviours shifts, and sustained growth.

*\*Add-on: 1:1 coaching for personalised guidance and support to reinforce individual accountability, help participants address challenges and achieve their goals.*



### Panel Discussions

Virtual: 1000 pax  
Onsite: 80 pax

Engaging, interactive dialogues amongst 2-3 panelists with a moderator, tailored to various themes, industries, and audience. Panel discussions create a space for exchange of insights and real-life experiences from multiple viewpoints. Scope includes theme planning, moderation by an Intellect speaker, theme consultation, and crafting a slide deck with interactive polls. Clients are responsible for selecting 2-3 panelists.



### Mindfulness Sessions

Virtual only:  
Up to 1000 pax

In just 30 minutes, this session introduces practical mindfulness techniques designed to help you reconnect with the present moment. Leave feeling refreshed, grounded, and equipped with tools to manage stress and enhance wellbeing.

### Mental Health First Aid™ Courses



The Mental Health First Aid (MHFA) programmes are designed to equip individuals and leaders with the skills to support mental health in the workplace. Our range of MHFA programs includes Full Accreditation (3-year globally recognised certification), MHFA teasers, MHFA Engaging Leaders, MHFAider Huddles, offering different formats to suit various needs.

*Add-ons available: 1:1 coaching or group coaching for ongoing support.  
Please reach out for more details.*

# Intellect Wellbeing Academy Overview

Our programmes are designed to meet the diverse needs of various groups within your organisation. Recognising that different roles and life stages require tailored approaches, we curate topics to ensure relevance, impact, and meaningful outcomes for each audience:

## Target Audience



### All Employees

Designed to build essential wellbeing and resilience skills, these sessions address universally relevant topics like stress management, emotional resilience, and healthy habits.



### Leaders & Managers

Leadership sessions empower leaders to foster a culture of wellbeing while addressing challenges like team resilience, empathetic leadership, and organisational change.



### Target Population Groups

Tailored programmes for key milestones or life stages, such as:  
 Young professionals: Building career resilience and adaptability.  
 First-time managers: Developing key skills in leading & supporting teams  
 Caregivers: Managing emotional resilience and work-life integration.

Our topics are thoughtfully designed to support employees through various stages of the personal and professional lives, ensuring holistic growth and sustained engagement throughout their career journey.

20s-30s		30s-40s		40s-50s		50s+	
Fresh Grads / Millennials	Young Professionals	Parents Caregivers	First-time Managers / ICs	Parents Caregivers	Senior Leaders / ICs	Parents Caregivers	Senior Leaders Transitioning
Finding Your Purpose & Drive	Work-life Balance Hacked! Healthy Boundaries & Habits	Empowering Your Child: Supporting Children Mental Wellbeing	Financial Fitness Bootcamp 101	Mindful Movements for Moving Minds	Psychological Safety, Trust & Empowerment	Nutrition & Disease Prevention: Your Gut, Your Health Guardian	The Bridge Builders: Fostering Intergenerational Collaboration
Proactive Skills to Manage Stress & Keep Burnout at Bay	Emotion Regulation: Managing Emotions at Work and in Everyday Life	From Awareness to Action: Supporting Mental Health in the Workplace	Fostering Employee Engagement & Motivation	The Power of Us: Promoting DEI in the Workplace	Adaptive Leadership in Changing Times	Living Gratefully: A Roadmap to a Positive and Empowered Life	From Struggle to Strength: Building Financial Resiliency & Literacy



# Catalogue Topics Overview

## Mental Health Awareness & Skills

- Confronting the Uncomfortable: Navigating Mental Health Conversations
- Emotion Regulation: Managing Emotions at Work and in Everyday Life
- Finding Calm Amidst the Storm: Coping with Distress, Trauma, and Anxiety
- Mental Health Aid 101: Supporting Mental Health in the Workplace
- Tackling the Taboo: Confronting Stigma Surrounding Mental Health
- The Power of Presence: Supporting Colleagues Through Loss - *Launching Q1 2025*

## Habits, Boundaries & Work-Life Balance

- Building Healthy Habits to Achieve The Goals You Want
- Sleep Smarter: Unlocking the Secrets to Better Rest
- The Power of Boundaries: How to Set and Maintain Healthy Limits
- Unplugged & Refreshed: Navigating Social Media Dependence for a Healthier You
- Work-life Balance Hacked! Healthy Boundaries & Habits

## Resilience & Stress Management

- Building Resilience: Converting Adversity to Opportunities
- Proactive Skills to Manage Stress & Keep Burnout at Bay
- Embrace the Unknown: Thriving Amidst Uncertain Times
- Escaping the Perfectionism Trap

## Personal Growth & Self-Discovery

- Coaching for Everyone
- Conquering Procrastination: Strategies for Action-Oriented Living - *Launching Q2 2025*
- Fostering a Growth Mindset: Breaking free from Limitations - *Launching Q1 2025*
- Cultivating Self-Compassion: Your Guide to Genuine Positivity
- Finding Your Purpose & Drive
- Living Gratefully: A Roadmap to a Positive and Empowered Life
- Self-Care Isn't Selfish: Fuel Your Wellbeing By Prioritising Self-Care
- The Art of Saying No: Breaking Free from People-Pleasing - *Launching Q2 2025*
- Unlocking Your Potential: Overcoming Self-Doubt and Limiting Beliefs - *Launching Q1 2025*

## Relationships & Communication

- Beyond the Awkward: Turning Performance Reviews into Positive Experiences
- The Heart of Connection: Emotional Intelligence in Interpersonal Dynamics
- Leveraging Positive Conflict in the Workplace
- Mastering the Art of Collaboration & Teamwork
- Surrounded by Personalities: Understanding and Connecting with Different Personality Types - *Launching Q3 2025*

## Workplace Wellbeing & Culture

- The Bridge Builders: Fostering Intergenerational Collaboration
- DEI: Diversity in Action: Creating a Safe and Inclusive Workplace
- Micro-Actions for Macro-Impact: Small, Everyday Actions for Positive Culture - *Launching Q3 2025*
- Workplace Wellbeing Champions: Empowering Peer Support Networks - *Launching Q3 2025*

### Notes:

The topics listed above can be delivered as an awareness virtual webinar / onsite seminar (60-min), or an interactive small group workshop (3-hours), offering flexibility to suit your needs.

Topics that are greyed out are under development.

Localised topics can be found in the [Monthly Engagement Calendar](#)



# Catalogue Topics Overview

## Leadership Topics

- The Art of Delegation: Empowering Teams Without Losing Control - *Launching Q3 2025*
- Adaptive Leadership in Changing Times - *Launching Q1 2025*
- Authentic Leadership: From Vulnerability to Strength - *Launching Q1 2025*
- Fostering Employee Engagement & Motivation
- From Awareness to Action: Supporting Mental Health in the Workplace
- Leadership Through a Generational Lens: Managing Multi-Generational Teams - *Launching Q3 2025*
- Navigating Difficult Conversations: Leading with Empathy
- Psychological Safety, Trust & Empowerment
- The Power of Us: Promoting DEI at Work (for HR/Leaders)
- Unlocking Emotional Intelligence (EI) for Effective Leadership
- Unlocking Potential: Coaching Skills for Leaders - *Launching Q3 2025*
- Well-being Check: Prioritising Team Mental Health Through Meaningful Check-ins - *Launching Q1 2025*

## Empowerment / Health & Life Transitions

- Breaking Barriers: Navigating Women's Struggles and Empowering Change - *Launching Q2 2025*
- From Stigma to Strength: Men's Mental Health - *Launching Q2 2025*
- Coping with Breast Cancer: Finding Strength in Vulnerability (*By Request Only*)
- Infertility: Navigating the Emotional Rollercoaster (*By Request Only*)
- Navigating Menopause: Embracing Change with Confidence (*By Request Only*)
- Conquer Chaos: Parent Hacks for Thriving at Home
- Empowering Your Child: Supporting Children's Mental Wellbeing
- Navigating the Sandwich Generation: Building Resilience as Caregivers

## Holistic Wellbeing (English, virtual only)

- Achieving Financial Stability: Building a Solid Financial Foundation
- Core Principles - How to Train Your "Athletic Brain" - *Launching Q3 2025*
- Demystifying Food Labels: Your Path to Healthier Choices
- Dollars and Sense: Building a Financial Future Together - *Launching Q3 2025*
- Financial Fitness Bootcamp 101
- Food-Mood Connection: Wellbeing through Better Eating
- From Struggle to Strength: Building Financial Resiliency & Literacy - *Launching Q3 2025*
- Gut Feelings: Building a Healthy Relationship with Food
- Mind & Money: The Psychology Behind your Financial Decisions
- Mindful Movements for Moving Minds
- Nutrition & Disease Prevention: Your Gut, Your Health Guardian
- Recover like a Champ: Principles of Athletic Recovery for Everyday Individuals - *Launching Q3 2025*
- The Antioxidant Advantage: Your Diet's Defence Against Disease - *Launching Q3 2025*
- The Strength Blueprint: Squat, Hinge, Push, Pull and Core

### Notes:

The topics listed above can be delivered as an awareness virtual webinar / onsite seminar (60-min), or an interactive small group workshop (3-hours), offering flexibility to suit your needs.

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Localised topics can be found in the [Monthly Engagement Calendar](#)



# Monthly Engagement Calendar

with recommended programmes

## Q1: Building Healthy Foundations

<p>January</p> <p><b>Goal-Setting &amp; Mindfulness</b> New Year (1st)</p> <p><i>Building Healthy Habits to Achieve The Goals You Want</i></p>	<p>February</p> <p><b>Relationships</b> Valentine's Day (14th)</p> <p><i>The Power of Boundaries: Set &amp; Maintain Healthy Limits</i></p>	<p>March</p> <p><b>Holistic Habits</b> World Sleep Day (15th)</p> <p><i>Sleep Smarter: Unlocking the Secrets to Better Rest</i></p>
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## Q2: Diversity, Equity, and Inclusion (DEI)

<p>April</p> <p><b>Managing Stress</b> Stress Awareness Month</p> <p><i>*Conquering Procrastination: Strategies for Action-Oriented Living</i></p>	<p>May</p> <p><b>Women's Health</b> Women's Health Month</p> <p><i>*Breaking Barriers: Navigating Women's Struggles and Empowering Change</i></p>	<p>June</p> <p><b>Men's Health</b> Men's Health Month</p> <p><i>*From Stigma to Strength: Men's Mental Health</i></p>
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## Q3: Self-Care and Compassion

<p>July</p> <p><b>Self-Care</b> International Self Care Day (24th)</p> <p><i>Self-Care Isn't Selfish: Fuel Your Wellbeing By Prioritising Self-Care</i></p>	<p>August</p> <p><b>Youth Mental Health</b> International Youth Day (12th)</p> <p><i>Empowering Your Child: Supporting Children's Mental Wellbeing</i></p>	<p>September</p> <p><b>Self-Compassion</b> National Suicide Prevention Month</p> <p><i>Cultivating Self-Compassion: Your Guide to Genuine Positivity</i></p>
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## Q4: Connection and Community

<p>October</p> <p><b>Social Support</b> World Mental Health Day (10th)</p> <p><i>Mental Health Aid 101: Supporting Mental Health in the Workplace</i></p>	<p>November</p> <p><b>Vulnerability &amp; Connection</b> International Men's Day (19th)</p> <p><i>The Heart of Connection: Emotional Intelligence in Interpersonal Dynamics</i></p>	<p>December</p> <p><b>Reflection &amp; Gratitude</b> New Year's Eve (31st)</p> <p><i>Living Gratefully: A Roadmap to a Positive and Empowered Life</i></p>
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Note: All themes and topics are tentative and subject to change. Intellect will monitor user and client behaviors and requests and tailor content to their needs accordingly.

The above topics are available in localised languages. Please reach out to find out more.



# Catalogue Topics Overview

## **Specialised Programmes** (English, virtual only)

- New Managers: Shaping Visionary Leaders
- People Leaders: Mastering Team Dynamics
- New Horizons: Navigating the Early Years of Your Career
- DEI Training for a Mentally Healthy Workplace
- Parental Transition: A Mother's Guide to Workplace Harmony
- Caring For The Caregivers: Renew and Recharge

## **30-Minute Mindfulness Sessions** (English, virtual only)

- Mindful Moments: A 30-min Guided Journey to Calm - *Launching Q2 2025*
- From Mind to Paper: A Guided Mindful Journaling Journey - *Launching Q2 2025*
- Pause and Stretch: A Mindful Reset for Your Body and Mind - *Launching Q2 2025*

## **Experiential Wellbeing Sessions** (English, in-person available in Singapore only)

- Silent Serenity: An Intellect x HUSH Tea Bar Experience
- Food-Mood Connection: Experience Mindful Eating
- Mindful Movement: Fusing Fitness with Mindfulness
- Intellect x Dogtors - Animal Assisted Experiential Sessions - *Launching Q1 2025*
- Applied Improvisational Theatre Experiential Sessions - *Launching Q1 2025*
- Nature Nurtures: Reconnecting with the Outdoors for Stress Relief - *Launching Q3 2025*
- Laugh More, Stress Less: The Power of Humor at Work - *Launching Q2 2025*

*Note: The programmes above are only available in English and delivered in the specified format.*



# Catalogue Topics Descriptions

## Mental Health Awareness & Skills

### **Confronting the Uncomfortable: Navigating Mental Health Conversations**

Develop communication skills on discussing mental health. Equip yourself with tools to navigate these conversations with empathy, understanding, and openness.

### **Emotion Regulation: Managing Emotions at Work and in Everyday Life**

Uncover the link between triggers and emotions, and acquire practical strategies to regulate and positively impact thoughts and decision-making.

### **Finding Calm Amidst the Storm: Coping with Distress, Trauma, and Anxiety**

Develop resilience in the face of distress. Identify signs of impact from distressing events and acquire tools to support yourself and others, promoting a culture of wellbeing.

### **Mental Health Aid 101: Supporting Mental Health in the Workplace**

Cultivate a supportive workplace culture. Learn to recognise early signs of mental distress, fostering a supportive culture where employees feel seen, heard, and supported.

### **Tackling the Taboo: Confronting Stigma Surrounding Mental Health**

Break down mental health stigma. Understand its impact, the importance of normalising conversations, and learn strategies to promote mental health awareness.

### **The Power of Presence: Supporting Colleagues Through Loss - *Launching Q1 2025***

Learn how to support colleagues through loss by fostering empathy and cultivating a compassionate workplace culture.

## Habits, Boundaries & Work-Life Balance

### **Building Healthy Habits to Achieve The Goals You Want**

[New Year Version] Starting The Year Right: Building Meaningful Resolutions and Habits  
Understand the science, research, and impact behind setting goals/resolutions and learn how to build meaningful habits through tips and strategies to keep up the momentum.

### **Sleep Smarter: Unlocking the Secrets to Better Rest**

Master the art of quality sleep. Explore the science, understand its impact on health and productivity, and implement key tips for building and maintaining healthy sleep habits.

### **The Power of Boundaries: How to Set and Maintain Healthy Limits**

Learn about the boundaries you control, explore ways to utilise boundaries for positive outcomes, and learn to apply practical steps to establish effective and healthy limits.

### **Unplugged & Refreshed: Navigating Social Media Dependence for a Healthier You**

Gain control over social media usage. Recognise its effects, understand implications, and learn strategies to foster a healthier relationship with social media for enhanced wellbeing.

### **Work-life Balance Hacked! Healthy Boundaries & Habits**

Achieve work-life balance in the hybrid work landscape. Develop healthy boundaries and habits, ensuring equilibrium between professional and personal spheres.



# Catalogue Topics Descriptions

## Resilience & Stress Management

### **Building Resilience: Converting Adversity to Opportunities**

Navigate life's challenges with resilience. Gain insights and actionable strategies to transform setbacks into stepping stones, fostering personal growth and adaptability.

### **Proactive Skills to Manage Stress & Keep Burnout at Bay**

Foster a resilient workforce. Equip employees with proactive strategies to manage stress, promoting well-being and preventing burnout in this day and age.

### **Embrace the Unknown: Thriving Amidst Uncertain Times**

Discover resilience strategies to flourish in uncertainty. Explore the impact of uncertainty on wellbeing and learn coping mechanisms to navigate unpredictability with confidence.

### **Escaping the Perfectionism Trap**

Break free from the shackles of perfectionism. Understand its effects, both personally and professionally, and gain insights and strategies to overcome the quest for perfection.

## Personal Growth & Self-Discovery

### **Coaching for Everyone**

Uncover the essence of coaching, delve into its invaluable benefits for holistic growth, and take the first step toward a transformative journey of maximising your full potential.

### **Conquering Procrastination: Strategies for Action-Oriented Living - *Launching Q2 2025***

Break free from procrastination and boost productivity with practical strategies to build momentum and lead a more focused, purpose-driven life.

### **Fostering a Growth Mindset: Breaking free from Limitations - *Launching Q1 2025***

Learn how to embrace a growth mindset, overcome limitations, and unlock new opportunities for personal and professional growth.

### **Cultivating Self-Compassion: Your Guide to Genuine Positivity**

Unlock your potential by cultivating a growth mindset, overcoming limitations, and unlocking new opportunities for personal and professional growth

### **Finding Your Purpose & Drive**

Embark on a journey of self-discovery. Learn to unearth your purpose and motivators, armed with actionable tips to chart a course that aligns with your vision and goals.

### **Living Gratefully: A Roadmap to a Positive and Empowered Life**

Explore the science of gratitude, build resilience through thankful living, and practical strategies to integrate gratitude into your daily routine, fostering lasting personal growth.

### **Self-Care Isn't Selfish: Fuel Your Wellbeing By Prioritising Self-Care**

Embrace the power of self-care. Learn strategies to overcome unhealthy thinking patterns, prioritise self-care, and communicate your needs for sustained wellbeing.

### **The Art of Saying No: Breaking Free from People-Pleasing - *Launching Q2 2025***

Learn to set healthy boundaries, confidently prioritize your needs and shift away from people-pleasing habits by mastering the art of saying no.

### **Unlocking Your Potential: Overcoming Self-Doubt and Limiting Beliefs - *Launching Q1 2025***

Break through self-doubt and limiting beliefs to embrace your full potential and achieve personal growth.

# Catalogue Topics Descriptions

## Relationships & Communication

### **Beyond the Awkward: Turning Performance Reviews into Positive Experiences**

Explores strategies to transform performance reviews from stressful obligations into constructive, growth-oriented conversations that motivate and engage employees.

### **The Heart of Connection: Emotional Intelligence in Interpersonal Dynamics**

Elevate interpersonal skills through emotional intelligence. Explore its crucial components, gaining insights to enhance relationships and communication within the workplace and beyond.

### **Leveraging Positive Conflict in the Workplace**

Transform conflict into a catalyst for positive change. Learn skills to maximise the positive outcomes of workplace conflicts, fostering a constructive and collaborative culture.

### **Mastering the Art of Collaboration & Teamwork**

Elevate teamwork to collaboration. Grasp the distinctions, acquire fundamental skills, and empower employees with strategies to enhance collaboration within the workplace.

### **Surrounded by Personalities: Understanding and Connecting with Different Personality Types - Launching Q4 2025**

Gain insights into diverse personality types and learn practical strategies to connect, communicate, and collaborate more effectively

## Workplace Wellbeing & Culture

### **The Bridge Builders: Fostering Intergenerational Collaboration**

Bridge generations and offer all generations fresh perspectives and innovative solutions into the workforce, resulting in a stronger, more agile organisation.

### **DEI: Diversity in Action: Creating a Safe and Inclusive Workplace**

Understand the practical steps each individual can take to foster an inclusive workplace, creating a harmonious and diverse professional environment.

### **Micro-Actions for Macro-Impact: Small, Everyday Actions for Positive Culture - Launching Q3 2025**

*Discover how small, intentional actions can create ripple effects of positivity in your workplace. Gather actionable insights to foster a culture of kindness, collaboration, and inclusivity.*

### **Workplace Wellbeing Champions: Empowering Peer Support Networks - Launching Q3 2025**

*Become a catalyst for change in your workplace by establishing peer support networks. Foster a culture of wellness and collaboration that enhances overall employee wellbeing.*



# Catalogue Topics Descriptions

## Leadership Topics

### **The Art of Delegation: Empowering Teams Without Losing Control - *Launching Q3 2025***

Master the art of delegation and learn how to effectively assign tasks, build trust, and empower your team while maintaining oversight and control.

### **Adaptive Leadership in Changing Times - *Launching Q1 2025***

Navigate change with confidence in Adaptive Leadership and learn key strategies to lead effectively, stay resilient, and guide your team through uncertainty and transformation.

### **Authentic Leadership: From Vulnerability to Strength - *Launching Q1 2025***

Discover how to lead with authenticity and explore the power of vulnerability in building trust, fostering connection, and becoming a more effective, inspiring leader.

### **Fostering Employee Engagement & Motivation**

Be equipped with strategies to improve team performance by unlocking employees' internal motivation, increasing engagement, and enhancing satisfaction.

### **From Awareness to Action: Supporting Mental Health in the Workplace**

Equipping leaders with knowledge on the importance of mental health in the workplace, tools to identify early signs of distress, and practical skills to support their teams.

### **Leadership Through a Generational Lens: Managing Multi-Generational Teams - *Launching Q3 2025***

Explore strategies to bridge generational gaps, leverage diversity, and foster a collaborative and inclusive environment across age groups.

### **Navigating Difficult Conversations: Leading with Empathy**

Explore practical strategies to approach challenging workplace conversations. Learn how to create a safe and open environment, actively listen, and communicate effectively, all while maintaining empathy and understanding.

### **Psychological Safety, Trust & Empowerment**

Build trust and psychological safety within teams by learning how to create safe spaces for open communication, encourage risk-taking, and a culture of learning and growth.

### **The Power of Us: Promoting DEI at Work (for HR/Leaders)**

Drive diversity initiatives from an HR/Leader perspective. Explore key aspects of DEI planning, gaining insights to build and sustain an inclusive workplace culture.

### **Unlocking Emotional Intelligence (EI) for Effective Leadership**

Learn how to leverage EI and empathetic skills to build stronger relationships, manage conflict constructively, and provide impactful feedback.

### **Unlocking Potential: Coaching Skills for Leaders - *Launching Q3 2025***

Equip yourself with essential coaching skills to nurture talent within your team. Learn effective questioning techniques, provide meaningful feedback, and create development plans that empower growth.

### **Well-being Check: Prioritising Team Mental Health Through Meaningful Check-ins - *Launching Q1 2025***

Gain practical tools to ensure mental health remains a priority and strengthen team connections through consistent, meaningful check-ins.



# Catalogue Topics Descriptions

## Empowerment / Health & Life Transitions

### **Breaking Barriers: Navigating Women's Struggles and Empowering Change - *Launching Q2 2025***

Gain insights into the challenges women encounter and discover practical approaches to overcoming adversity, fostering empowerment, and driving meaningful change.

### **From Stigma to Strength: Men's Mental Health - *Launching Q2 2025***

Break down the barriers surrounding men's mental health and explore strategies for building mental resilience, and offer practical tools for managing stress, anxiety, and emotional health.

### **Coping with Breast Cancer: Finding Strength in Vulnerability *(By Request Only)***

### **Infertility: Navigating the Emotional Rollercoaster *(By Request Only)***

### **Navigating Menopause: Embracing Change with Confidence *(By Request Only)***

### **Conquer Chaos: Parent Hacks for Thriving at Home**

Equip parents with practical strategies to manage stress, build resilience, and create a happy and healthy home environment for their loved ones.

### **Empowering Your Child: Supporting Children's Mental Wellbeing**

Learn tools and strategies to understand children's emotional development, foster positive coping mechanisms, and provide unwavering support for their mental wellbeing.

### **Navigating the Sandwich Generation: Building Resilience as Caregivers**

Caught between caring for aging parents and raising one's own family? Learn how to manage your challenges by balancing priorities, setting healthy boundaries, and building resilience.

*Note: The programmes above are only available in English and delivered in the specified format.*



# Catalogue Topics Descriptions

## Holistic Wellbeing

### **MOVE: Physical Health**

#### **Mindful Movements for Moving Minds**

Discover how to adopt physical activity that improves your mental clarity, focus and emotional wellbeing instead of becoming another stressful task to tick off your already busy to-do list.

#### **The Strength Blueprint: Squat, Hinge, Push, Pull and Core**

Learn how to incorporate the 5 fundamental movements that goes into programming an effective strength training workout for yourself. Learn how to maximise your workouts to ensure you are building a balanced and functional body.

#### **Core Principles - How to Train Your "Athletic Brain" - Launching Q3 2025**

Discover what, why and how to train your core muscles. Separate facts from myths as our trainer explains the science behind core training and how to train your core functionally, for washboard abs that go beyond just looking good for the beach.

#### **Recover like a Champ - Principles of Athletic Recovery for Everyday Individuals - Launching Q3 2025**

Recovery is the bedrock of any effective fitness program. Learn how high performing athletes recover from gruelling training sessions and learn to apply the same as a high-performing corporate executive.

### **EAT: Nutrition**

#### **Food-Mood Connection: Wellbeing through Better Eating**

Explore the profound link between nutrition and wellbeing. Discover the science behind mood-boosting foods and understand which dietary choices might help you to feel better day-to-day.

#### **Gut Feelings: Building a Healthy Relationship with Food**

Discover the secrets of the gut-brain connection and learn how to break free from unhealthy eating cycles to build a lasting, healthy relationship with food.

#### **Demystifying Food Labels: Your Path to Healthier Choices**

Gain clarity on food labels and empower yourself to make healthier choices with expert insights into nutrition facts, serving sizes, and ingredient lists, and learn to navigate %DV values, claims, and misleading marketing.

# Catalogue Topics Descriptions



## EAT: Nutrition

*Continued*

### **Nutrition & Disease Prevention: Your Gut, Your Health Guardian** - *Launching Q3 2025*

Explore the link between your gut and overall health, and gain insights on preventing diseases through mindful eating, gut-friendly foods, and sustainable lifestyle choice

### **The Antioxidant Advantage: Your Diet's Defence Against Disease** *Launching Q3 2025*

Explore the power of antioxidants and discover top dietary sources, and delve into their proven impact on health, equipping yourself with essential knowledge for a healthier lifestyle.



## INVEST: Finance

### **Financial Fitness Bootcamp 101**

Learn the fundamentals for financial wellbeing - make budgeting your trusted ally, practice mindful spending, and learn strategies for growing your career and income.

### **Mind & Money: The Psychology Behind your Financial Decisions**

Unravel the psychology of financial decision-making. Identify and overcome limiting beliefs, conquer fears, and learn effective communication strategies on money matters.

### **Dollars and Sense: Building a Financial Future Together** - *Launching Q3 2025*

Explore strategies for setting joint financial goals as a couple, managing shared expenses, and making informed decisions that lay the foundation for a stable future.

### **Achieving Financial Stability: Building a Solid Financial Foundation**

Unlock the secrets to financial stability by explore the comprehensive framework to lay a solid foundation, and practical strategies to build a strong financial footing that withstands the test of time.

### **From Struggle to Strength: Building Financial Resiliency & Literacy** - *Launching Q3 2025*

Learn how to achieve financial resiliency and literacy amidst challenging times. Discover practical tools to navigate obstacles with confidence, adaptability, and informed decision-making.

# Catalogue Topics Descriptions

## **30-Minute Mindfulness Sessions** (English, virtual only)

### **Mindful Moments: A 30-min Guided Journey to Calm - *Launching Q2 2025***

A brief yet powerful session of mindfulness, designed to help you relax, center your mind, and find tranquility in just 30 minutes.

### **From Mind to Paper: A Guided Mindful Journaling Journey - *Launching Q2 2025***

Explore the power of journaling as a tool for mindfulness, self-reflection, and personal growth through a guided, peaceful writing experience.

### **Pause and Stretch: A Mindful Reset for Your Body and Mind - *Launching Q2 2025***

Refresh and recharge with simple stretching exercises and mindfulness practices that help relieve tension and restore balance.

## **Experiential Wellbeing Sessions** (English, in-person available in Singapore only)

### **Silent Serenity: An Intellect x HUSH Tea Bar Experience**

The Hush Experience is a unique 4-zone journey of experiential empathy, co-led by the Deaf and Hearing, aiming to build a resilient and empathetic society – one cup of tea at a time.

### **Food-Mood Connection: Experience Mindful Eating**

Delve into the intricate relationship between food and emotions, guiding you toward a mindful eating experience to develop a healthy relationship with food for a happier and healthier life.

### **Mindful Movement: Fusing Fitness with Mindfulness**

Explore how mindfulness can transform your fitness journey by understanding the connection between fitness and stress, explore the concept of “mindful movement” and practise mindfulness in every movement.

### **Intellect x Dogtors - Animal Assisted Experiential Sessions - *Launching Q1 2025***

Learn about stress and stress management through animal assisted interactions.

### **Applied Improvisational Theatre Experiential Sessions - *Launching Q1 2025***

Explore how improv techniques can enhance well-being, boost creativity, and improve communication skills through interactive, fun exercises.

### **Nature Nurtures: Reconnecting with the Outdoors for Stress Relief - *Launching Q3 2025***

Discover the powerful impact of nature on mental and emotional well-being. Discover how outdoor activities and nature-based practices can reduce stress, boost mood, and improve focus

### **Laugh More, Stress Less: The Power of Humor at Work - *Launching Q2 2025***

Delve into the science of laughter and its role in reducing stress, improving morale, and fostering stronger workplace connections.



# Specialised Programmes [1/3]

COURSE	DESCRIPTION	TARGET AUDIENCE	CLASS SIZE
<p><b>New Managers: Shaping Visionary Leaders</b></p>	<p>Embark on a transformative journey where we elevate leadership awareness to unprecedented heights, hone essential leadership skills through dynamic development initiatives, foster robust support networks, and provide unparalleled mentoring and coaching experiences.</p> <p>This program is your gateway to becoming a visionary leader, poised for impactful success and organisational growth.</p> <p><b>Course Structure:</b> 4x workshop sessions (60-min each), held once a week over 4 weeks.</p>	<p>New managers in the first 1-2 years.</p>	<p>Min 10 pax, max 15 pax per group</p>
<p><b>People Leaders: Mastering Team Dynamics</b></p>	<p>Unleash the full potential of leading teams through this interactive series of workshops. Discover how to conduct a comprehensive analysis of the team's status and needs, identifying strengths and addressing critical gaps for unparalleled team synergy.</p> <p>Elevate leadership prowess by exploring the essential skills required to drive team success, setting the stage for strategic empowerment.</p> <p>Learn to lead with impact - implement key skills effectively, fostering a culture of collaboration, innovation, and high-performance within the team.</p> <p><b>Course Structure:</b> 4x workshop sessions (60-min each), held once a week over 4 weeks.</p>	<p>People leaders and managers of all hierarchical levels</p>	<p>Min 10 pax, max 15 pax per group</p>
<p><b>New Horizons: Navigating the Early Years of Your Career</b></p>	<p>This comprehensive series serves as a compass for new hires, guiding them through key aspects of professional growth.</p> <p>Learn the art of developing healthy work routines and boundaries, defining a career and financial roadmap, managing imposter syndrome, and effectively navigating performance feedback with their manager.</p> <p>Gain practical insights and strategies to foster a balanced, purposeful, and confident approach to their work life.</p> <p><b>Course Structure:</b> 4x workshop sessions (60-min each), held once a week over 4 weeks.</p>	<p>Recent graduates Early-career professionals within the first 1-3 years.</p>	<p>Min 10 pax, max 15 pax per group</p>

# Specialised Programmes [2/3]

COURSE	DESCRIPTION	TARGET AUDIENCE	CLASS SIZE
<p><b>Parental Transition: A Mother's Guide to Workplace Harmony</b></p>	<p>The program is designed to equip new mothers with valuable insights and tools to navigate the challenges of returning to work after maternity leave with confidence and resilience.</p> <p>Participants will delve into topics such as managing emotions, setting boundaries, balancing work and family, and sustaining wellbeing for long-term success. The program offers a supportive learning environment where participants can connect with peers, share experiences, and receive guidance from experienced facilitators.</p> <p>[Optional Add-on] Manager Consultation: designed to empower managers to effectively support their team members during the parental transition, fostering a positive workplace culture.</p> <p><b>Course Structure:</b> 4x workshop sessions (60-min each), held once a week over 4 weeks. [Manager Consultation: 1x 60-min session]</p>	<p>Mothers returning to work up to 6 months post-maternity leave period</p> <p>[Optional] Manager with a team member returning back to work after maternity.</p>	<p>Min 6 pax, max 15 pax per group</p>
<p><b>Caring For The Caregivers: Renew and Recharge</b></p>	<p>Specifically designed for those navigating the challenges of caregiving, this program addresses the unique stresses that can lead to compassion fatigue and burnout.</p> <p>Participants will gain insights into recognising signs of compassion fatigue, and discover empowering ways to prioritise their wellbeing to balance work responsibilities with the demands of caregiving.</p> <p>Join us on this journey toward self-renewal and resilience. It's time to prioritise your own wellbeing as you continue to care for others.</p> <p><b>Course Structure:</b> 4x workshop sessions (60-min each), held once a week over 4 weeks.</p>	<p>Caregivers of stay-at-home seniors, or family members with chronic diseases</p>	<p>Min 10 pax, max 15 pax per group</p>
<p><b>Diversity, Equity, Inclusion (DEI) Training for a Mentally Healthy Workplace</b></p> <p><i>Launching Q4 2024</i></p>	<p>Our DEI program aims to help the organisation cultivate a more diverse and inclusive workplace and contribute to building a mentally healthy culture where every individual feels respected, appreciated, and able to bring their authentic selves to work.</p> <p>Addressing the intersectionality of DEI with mental health, participants will gain insights on promoting psychological safety, reducing stigma, and fostering an environment that supports the mental wellbeing of all team members.</p> <p><b>Course Structure:</b> 4x workshop sessions (60-min each), held once a week over 4 weeks.</p>	<p>All individuals</p>	<p>Min 10 pax, max 15 pax per group</p>

# Specialised Programmes [3/3]

COURSE	DESCRIPTION	TARGET AUDIENCE	CLASS SIZE
<p><b>Employee Engagement Programme at Your Office</b></p> 	<p>Let UOB Workplace Banking help you curate an Employee Engagement Programme at your office to foster a greater sense of welfarism by introducing a slew of lifestyle and wellness activities to help boost employee morale and growth.</p> <p>From lunch-and-learn workshops to festive marketplaces, UOB will be happy to help you design a memorable Employee Wellness Day.</p> <p>What's more, UOB provide employees convenient access to personalised banking products and solutions from the comfort of their workplace with exclusive employee-only benefits and privileges.</p> <p><b>Programme Structure:</b> Customisable, mostly complimentary and subject to availability.</p> <p><i>Pricing for this programme is different from other specialised programmes in this catalogue, and is subject to the scope discussed with UOB.</i></p>	<p>All individuals</p>	<p>Not applicable</p>
<p><b>Financial Wellness Webinars by Endowus (Free)</b></p> 	<p><b><u>Webinar 1</u></b></p> <p><b>Title:</b> Investing bias: Building awareness on our cognitive and emotional inclinations</p> <p><b>Description:</b> Discover the different bias that set us back from achieving investing and financial planning success, how to identify and train yourself to over them</p> <p><b><u>Webinar 2</u></b></p> <p><b>Title:</b> Retirement Planning: Saving and Investing for Your Desired Lifestyle</p> <p><b>Description:</b> Estimate how much you need for retirement, how much you need to save and how to build a diversified income stream for your retirement needs</p> <p><i>Terms and conditions: Do note that product promotion by Endowus may occur at certain points during the above sessions in response to highlighted needs or topics discussed.</i></p>	<p>All Individuals</p>	<p>Unlimited</p>

# Mental Health First Aid™ (MHFA) Course

Mental Health First Aid (MHFA) is a globally recognised accredited course that provides an evidence-based toolkit to empower individuals with the confidence, knowledge, and skills to recognise mental health stressors, approach those in need, and guide them towards appropriate care.

This comprehensive course blends 6 hours of e-learning with 6 hours of live training, followed by a final assessment. Upon completion, participants receive the MHFA Accreditation, valid for 3 years.

## Why you should incorporate MHFA into your corporate wellbeing program

### Established & trusted curriculum

With over two decades of delivery and six million people trained, MHFA is one of the most trusted, evidence-based mental health education programs internationally.

### Skills-focused, locally-adapted

Employees gain the confidence, knowledge and skills to recognise mental health stressors and provide timely initial support to peers and loved ones.

### Research-backed long-term efficacy

Global peer-reviewed research studies conclusively show that MHFA improves organisational mental health, expands mental health literacy, and reduces stigma even six months after the course.



**MENTAL HEALTH  
FIRST AID®**  
International

Licensed Provider

Intellect is proud to be the only licensed provider of MHFA in Singapore

## Testimonials



**Chng Aik Chen Edwin**

Medical Director at Parkway Shenton

"I believe that Mental Health First Aid can provide initial support to those who experience mental health challenges and connect them to appropriate professional help. Managers and supervisors should be equipped with knowledge and skills to better identify staff with mental health needs, respond to these supervisees with open communication and active listening, offer appropriate support and resources, and encourage them to seek professional help promptly."



**Employee, MHFAider**

Cartus

"The instructor was open and encouraged participation, helping us reinforce what we learned. The strength of the course is raising awareness of mental health issues and the difference a First Aider can make to the person in need. Great delivery; I learned a lot from this session. The ALGEE process can be used not just for MHFA scenarios but is also applicable when we want to interact and get to know the challenges or issues that people are facing in our daily lives."

# Mental Health First Aid™ Courses Overview

## MHFA™ Full Accredited Course

MHFA™ provides an evidence-based toolkit to empower individuals with the confidence, knowledge, and skills to recognise mental health stressors, approach those in need, and guide them towards appropriate care. Participants earn a valuable Mental Health First Aider Accreditation, valid for 3 years. Enroll in this course to foster a workplace that actively reduces stigma, enhances organisational resilience.

*Structure: 12-hours blended learning  
Capacity: Up to 15 pax per group*

## MHFA™ Engaging Leaders

Designed for leaders and decision-makers to provide a comprehensive introduction to the MHFA™ course to support organisations in obtaining leadership buy-in. Leaders will learn how MHFA™ can foster supportive workplaces, learn strategies to support employee wellbeing and the organisation as a whole.

*Structure: 90-min live training  
Capacity: Up to 25 pax per group*

## MHFA Teasers

Our introductory teaser sessions are designed to provide a glimpse into the comprehensive MHFA™ accredited program. Either through a 60-min awareness session or a 120-min micro-workshop, participants will gain an overview of mental health in the workplace, importance of mental health first aid, and action steps to provide initial support to employees, fostering a supportive work environment.

*Structure: 60-min webinar/seminar  
120-min micro-workshop (25 pax)*

## MHFA™ Refresher Course

Training for current and Accredited MHFAiders to stay up to date with mental health first aid knowledge, skills and information. Participants will learn to work through complex mental health first aid interactions, and practice their mental health first aid skills across a range of mental health problems and mental health crisis situations. Participants complete a short assessment at the end of a course to extend their MHFA Accreditation for a further 3 years.

*Eligibility: Participants who have completed a full MHFA course before within the last 3 years validity.*

*Structure: 4-hour live training  
Capacity: up to 15 pax per group*

## MHFAider Huddles

Structured group sessions facilitated by an MHFA instructor, designed to reinforce skills and foster ongoing learning for trained MHFAiders. These huddles provide an opportunity for MHFAiders to discuss experiences, share insights, and address any challenges faced in applying their skills.

*Structure: 60-min virtual sessions  
Capacity: up to 15 pax per group*