



INCLUSIVE LEADERSHIP: CULTIVATING WORKPLACE WELLNESS

SSG-FUNDED & SKILLSFUTURE CREDIT-CLAIMABLE

A course for leaders and wellness advocates to drive inclusive, resilient, and mentally healthy workplaces. Blending self-paced and instructor-led learning, it equips professionals to lead impactful wellness initiatives rooted in empathy and equity

COURSE DETAILS

-  27 hrs (incl. 3-hr assessment)
-  S\$1471.50/pax
-  Minimum 10 to maximum 20 learners
-  Blended Learning

JOIN NOW



Contact Details

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LEARNING OUTCOMES

By the end of this course, learners will be able to:

- Identify the physical, social, emotional and environmental domains of the staff and workplace
- Identify the roles and responsibilities of mental health champions at the workplace
- Be an advocate for workplace wellness and enhance the mental and physical well-being of all employees
- Adopt active listening and demonstrate respect for and acknowledge diverse perspectives
- Implement an action plan for workplace wellness initiatives

COURSE STRUCTURE

01

Understanding Workplace Wellness

Gain insight into the four key domains: physical, social, emotional, and environmental and learn how they shape a healthy and resilient workplace

02

Roles & Responsibilities of Workplace Wellness Advocates

Understand the role of Mental Health Champions and Wellness Advocates, and explore practical ways to support employee well-being

03

Strategies for Promoting Workplace Wellness

Develop skills in active and empathetic listening, inclusive communication, and sensitivity to diverse perspectives to foster a psychologically safe and supportive workplace
