




**SP** Singapore Polytechnic

# 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

 +65 8020 7130

 [cpss@redcross.sg](mailto:cpss@redcross.sg)

## 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

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### 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

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### 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

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