

FROM HEAD to HEART: Use Positive Psychology to Effectively Mentor your Mentees to both Personal and Professional Success

#DoctorsareHumanstoo as we are hearing more and more on social media and the news. The pandemic has intensified the already heavy workload and perception of the profession as a challenge to the public and within the healthcare industry itself. As mentors, you will face younger colleagues who need your guidance more than ever. They will ask about work-life balance, how to manage the stress of a world-wide pandemic and what is the meaning behind all these hours of work when the world is less than appreciative, if not demanding at times.

From Head to Heart: is a workshop for mentors first. It will be an inquiry into your own resources to keep your strengths, values and meaningfulness in check and intact before you mentor someone else. Participants should expect to A) Learn the basics of Positive Psychology as a Science and B) Use these new habits and mental states to shift your conversations with the healthcare community (if you haven't already) from a focus on weakness, failure and crisis to strengths, learning and challenges.

Learning Outcomes:

- ♥ Identify moments of positive psychology in the healthcare work
- ♥ Apply positive psychology practices to your mentoring conversations



Marion Neubronner

M.Ed. in Human Development (Harvard),
Dip Counseling (Temasek Polytechnic),
Dip Teaching (National Institute of Education)

From the Public Service Commission for MOE - and serving 8 years as a teacher. Marion was given the leadership role of Pastoral Care and Civics and Moral Education in the schools she served. She was also a youth worker with Children-At-Risk Empowerment and worked with the "Centrepoint Kids" and street gangs with Befrienders of Youth.

She taught at Singapore Institute of Management for the State University of Buffalo's undergraduate courses like Abnormal Psychology and Developmental Psychology. She taught for UniSim - Positive Psychology for over 4 years. She has published research on Risk and Prevention Programme Evaluation.

More recently, she is a trained facilitator for Search Inside Yourself - (www.siyli.org) and has taught mindfulness to clients like Singtel, Fidelity, Oracle. And she coaches peak performance leaders. She trained and coached at Singapore National Eye Centre and ran a workshop at Singapore General Hospital on Risk and Prevention for Clinician-Mentors during her brief stint at Ministry of Health,

She has created courses on Coping with Stress for Health Promotion Board and their Health Ambassador programme for Tertiary Institutions and Polytechnics.



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FROM HEAD to HEART:

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This is a two-part workshop:

PART 1

DATE : 29 Sept 2021, Wednesday
TIME : 2.00pm - 5.00pm (SGT)
VENUE : Zoom

- ♥ History and Key Principles of Positive Psychology
- ♥ How Positive Psychology is used for mentoring and organizational change

Homework:

- ♥ Meaning of Work
- ♥ Crafting Meaning and Pleasure back into Work

PART 2

DATE : 8 Nov 2021, Monday
TIME : 2.00pm - 5.00pm (SGT)
VENUE : MPH1, Level 3, Tahir Foundation Building, Block MD1,
NUS Yong Loo Lin School of Medicine, 12 Science Drive 2,
Singapore 117549

- ♥ Live Demonstration and Practice of Effective and Time Efficient Psychosocial Tools for Pre-Mentoring conversation/ During Mentoring and Post Mentoring follow-ups
- ♥ How to be that Safe (Psychological) Space - a brief introduction to Embodiment and Presence and Unconditional Positive Regard

Post Workshop

Facilitator Marion Neubronner will be available for 3 check-ins as a group for 45 minutes. Questions can be sent if you cannot attend live - and Marion Neubronner will respond and send the recordings of these check-ins to all participants who like to receive updates. (Period of check-ins - Nov to Jan 2022). Post workshop questions will be fielded by EnRICH committee and Marion where possible.

REGISTRATION FEES	
NUHS Staff (including staff on NUSMed Adjunct / CFS Scheme)	Others
\$342.40 (\$320 + 7% GST)	\$428 (\$400 + 7%GST)

To register, please go to:

<https://inetapps.nus.edu.sg/fds/>

***Closing date of registration: 15 Sept 2021**



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