

Course Code: C1158

# Building Resilience at Work: Employee Health & Wellness Strategies

## COURSE INFORMATION

Sessions  
1 day

Duration  
7.5 hrs

Level  
Beginner

Assessment  
NA

### VENUE

12 Woodlands Square #07-85/86/87 Woods Square Tower 1, Singapore 737715. 5 mins walk from Woodlands (NS9) MRT station.

The venue is disabled-friendly.

## WHAT'S THIS COURSE ABOUT

Topic 1: Health and Wellness Trends and Legislative Compliance

Difference between health and wellness

Benefits of employee health and wellness to companies

Dimension of wellness

Data privacy requirement and employee rights

Work-life balance

Mental health and emotional well-being

Diversity, equity and inclusion

Technology for health and wellness

Topic 2: Development and Integration of Health and Wellness Programs

Program structure for employee health and wellness programme

Engaging employees and...

## COURSE FEE

Full Fee S\$350.00 Before GST

GST S\$31.50 9% of fee

Total Payable S\$381.50 Including GST

## CERTIFICATION

- **Certificate of Completion from Tertiary Infotech** - Upon meeting at least 75% attendance and passing the assessment(s), participants will receive a Certificate of Completion from Tertiary Infotech.

## REGISTRATION

<https://www.tertiarycourses.com.sg/building-resilience-at-work-employee-health-wellness-strategies.html>



SCAN TO REGISTER

## SUPPORT

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