

COURSE

CATALOGUE 2026



WHAT PEOPLE HAVE SAID ABOUT US



COACHING AND COUNSELLING TECHNIQUES TO BUILD MENTAL WELLNESS AND RESILIENCE

The trainer was knowledgeable and engaging, making complex topics easy to understand. Excellent course, highly recommended! I've also had the opportunity to attend their Counselling and Coaching for Mental Wellness course, which was equally impressive. The practical skills and insights gained have been invaluable. Looking forward to applying them in real-life situations!

— SUGUNA SIRINIVASAN



PARA COUNSELLING (BASIC)

I attended the Para Counselling Basic course. I went with certain expectations but walked away with so much more! Not only did I learn about counselling techniques, this course has also supported self discovery. Furthermore, it has given me insight on parenting as well. Alastair is a very experienced and knowledgeable trainer!

— CHARMAINE OOI



MENTORING FOR YOUTH

Mentoring for youth by Trainer Reynard. This course is very engaging and I learn a lot of practical skills on how to mentor youth. It's enriching. I have fun learning the techniques and applying them. All the learners in this course get to participate in the group discussion and role-playing.

— JENNY YEO



MINDFULNESS-BASED APPROACHES TO SELF-COMPASSION AND MENTAL RESILIENCE

Attended the two days course and I feel very enlightened at the end of the course. Learnt some techniques to practice Mindfulness. The trainer, Joy was really friendly, sensitive and helpful. A very sincere person who is genuinely wishes to help her participants!

— J X



UNLOCK YOUR INNER EXCELLENCE: A REFLEXIVE SELF-DISCOVERY JOURNEY FOR ACHIEVING PERSONAL AND PROFESSIONAL MASTERY

Attended the Self-reflective approach to develop personal and professional competency course. It is packed full of information and useful knowledge and techniques and Alastair is a fantastic trainer. Glad to have found this while looking for courses to use my SFC on.

— HUAI XI CHAY

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ABOUT US

At Blended Concept, we provide opportunities for you to invest in yourself so that you can take charge of your life and bring value no matter what the situation is.

We provide training to equip you with the knowledge and skills to do your work.

We invest in knowledge with the aim to help our beneficiaries make decisions to achieve positive life outcomes.

SkillsFuture Singapore Programmes

UTAP funding applies to selected courses.



PUBLIC COURSES BY **BLENDED CONCEPT**



Coaching & Counselling Techniques to Build Mental Wellness and Resilience

Practical Skills to Support Others in Stressful Times

This course combines coaching and counselling fundamentals with psychological first-aid strategies to help participants **support the mental wellbeing** of others, and themselves.

You'll learn hands-on techniques to **handle distress** and develop **resilience** through structured **support methods**.

WHAT YOU WILL LEARN



Mental wellness and health fundamentals



Micro-skills in coaching and counselling conversations



When and how to de-escalate and refer appropriately



Self-care strategies to sustain wellbeing and avoid burnout

WHO THIS IS FOR

Social workers | Educators | Community staff | Supervisors or anyone supporting others through stress and life challenges

FUNDING ELIGIBILITY

SSG / UTAP

 2.5 days

PRICE (BEFORE SUBSIDY)

\$800

PARTICIPANT PROFILE	PAYABLE FEE
Singaporean < 40	\$400
Singaporean ≥ 40	\$240



Coaching Young People for Positive Difference

Empowering Coaches & Caregivers to Support Youth Growth

Understand how to connect with and support young people through **solution-focused coaching** and **positive psychology**.

This course helps adults build rapport, understand youth perspectives, and facilitate meaningful growth and resilience in the young people they work with or care for.

WHAT YOU WILL LEARN



Core coaching mindset and principles



Techniques to understand and engage young people



Frameworks to support goal-setting and motivation



Tools to foster youth resilience and self-determination

WHO THIS IS FOR

Parents | Youth workers | Mentors | Educators | Community volunteers who want to make a constructive impact on young lives.

FUNDING ELIGIBILITY

SSG

 2.5 days

PRICE (BEFORE SUBSIDY)

\$720

PARTICIPANT PROFILE	PAYABLE FEE
Singaporean < 40	\$360
Singaporean ≥ 40	\$216



Mentoring for Youth

Guide, Support & Inspire Youth Through Reflective Mentoring

Go beyond advice-giving and learn how to **build trust, understand youth behaviour**, and **foster meaningful mentoring relationships**.

This course equips participants with evidence-based mentoring strategies to walk alongside young people to help them clarify goals and navigate challenges.

WHAT YOU WILL LEARN



How youth worldview shapes behaviour



Build trust and rapport for effective mentorship



Techniques to support emotional regulation and exploration



How to create safe, supportive spaces for growth

WHO THIS IS FOR

Youth mentors | Social workers | Parents | Those involved with youth activities | Educators | Community volunteers

FUNDING ELIGIBILITY

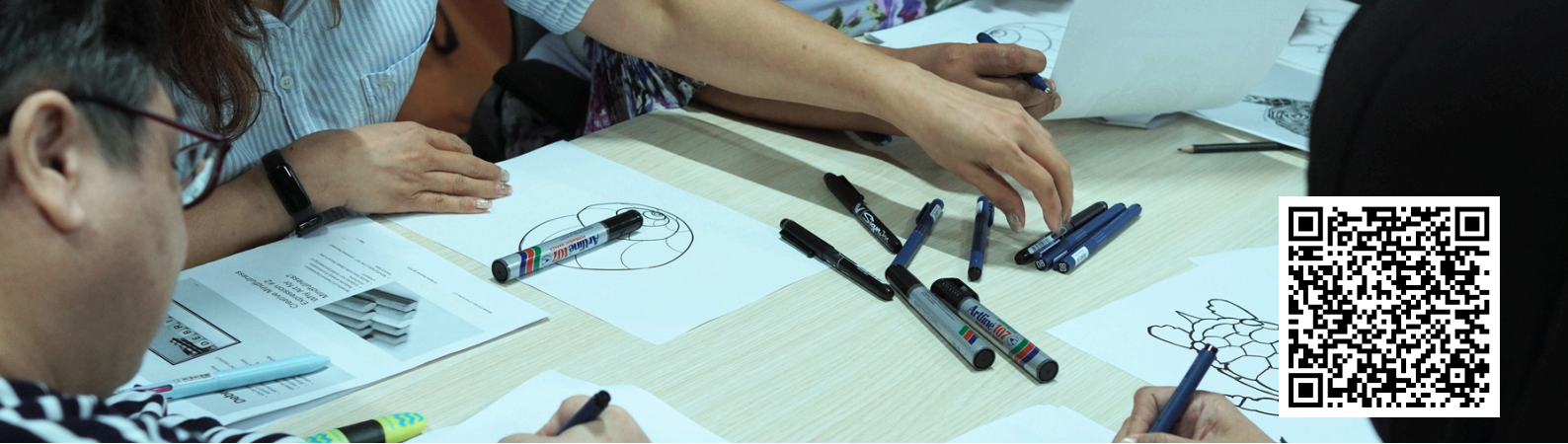
SSG / UTAP

2.5 days

PRICE (BEFORE SUBSIDY)

\$850

PARTICIPANT PROFILE	PAYABLE FEE
Singaporean < 40	\$360
Singaporean ≥ 40	\$216



Mindfulness-based Approaches to Self-Compassion and Mental Resilience

Strengthen Your Inner Resilience with Mindfulness

Learn how stress impacts the mind and body, and how mindfulness helps us respond with **clarity**, **calm**, and **self-kindness**, during demanding seasons of caregiving, parenting, and people work.

What makes this programme different is that mindfulness is taught through multiple interactive modalities, including playful and experiential practices. You'll explore mindfulness not only through stillness, but through **movement**, **laughter**, **creativity**, and **everyday activities**, making the learning accessible even for participants who "can't sit still" or are new to mindfulness.

WHAT YOU WILL LEARN



Understand impact of mental and physical stress



Use mindfulness to regulate emotions



Maintain well-being, boundaries, and recovery

WHO THIS IS FOR

Individuals juggling multiple roles, experiencing burnout or emotional fatigue | Those seeking deeper emotional awareness, and calm

FUNDING ELIGIBILITY

SSG

 2 days

PRICE

\$800

PARTICIPANT PROFILE	PAYABLE FEE
Singaporean < 40	\$400
Singaporean ≥ 40	\$240



Motivational Interviewing

Helping Others Embrace Change Through Supportive Dialogue

Discover how to guide loved ones or team members to find their own motivation for growth without arguing, directing, or persuading.

Learn a collaborative communication style that enhances **trust**, **empowers change**, and **strengthens relationships**.

WHAT YOU WILL LEARN



How to build rapport and trust as a foundation for change



Techniques to elicit intrinsic motivation and commitment



Practical conversational tools for reducing resistance



Change-focused communication strategies to support growth

WHO THIS IS FOR

Parents | Professionals | Counsellors | HR Specialists | Anyone supporting behaviour or mindset change in others

FUNDING ELIGIBILITY

SSG / UTAP

 2.5 days

PRICE

\$800

PARTICIPANT PROFILE	PAYABLE FEE
Singaporean < 40	\$400
Singaporean ≥ 40	\$240



Para-Counselling (Basic)

Empathy & Support Skills for Everyday Life

Equip yourself with essential people-engagement skills to provide compassionate support in both personal and professional contexts.

Learn how to **actively listen, communicate empathically, and handle difficult conversations with confidence.** Transform interactions with family members, colleagues, and those in distress.

WHAT YOU WILL LEARN



Foundations of para-counselling and effective helping conversations



Active listening and non-judgmental communication



How to support others through emotional challenges



How to foster meaningful connections in everyday life

WHO THIS IS FOR

Volunteers | Educators | Community supporters, parents and those who want to build deeper understanding of self/others and develop stronger relationships with those around them.

FUNDING ELIGIBILITY

SSG / UTAP

2 days

PRICE (BEFORE SUBSIDY)

\$560

PARTICIPANT PROFILE	PAYABLE FEE
Singaporean < 40	\$280
Singaporean ≥ 40	\$168



Para-Counselling (Advanced)

Build Competence to Support Others Through Challenging, Ongoing Issues

Develop stronger, more **intentional helping skills** through this advanced-level para-counselling course.

Designed for individuals with basic engagement experience, the programme integrates advanced counselling theories with practical techniques for structured support. This course focuses on **approaching complex issues, and for long-term engagement.**

WHAT YOU WILL LEARN



Gain insights about the various stages of the helping conversation



Guide others through a process of self-discovery.



Shift conversations from problem-focused to solution-enabling



Deepen awareness of your beliefs and values

WHO THIS IS FOR

Counsellors | Volunteers | Educators | Community supporters | Parents | Individuals who wish to strengthen their ability to support others through life's difficulties and challenges

FUNDING ELIGIBILITY

SSG / UTAP

 2 days

PRICE (BEFORE SUBSIDY)

\$720

PARTICIPANT PROFILE	PAYABLE FEE
Singaporean < 40	\$360
Singaporean ≥ 40	\$216



Unlock Your Inner Excellence

A Reflexive Self-Discovery Journey for Personal & Professional Mastery

Are you feeling stuck, overwhelmed, or unsure about your direction in life or work? This immersive course helps you **clarify your purpose, overcome limiting beliefs, and build meaningful momentum** toward the life and career you truly want.

Rather than emphasising theories alone, this course uses guided reflective practice to help participants see through their own patterns, thoughts, and motivations, turning insights into action.

WHAT YOU WILL LEARN



Identify and transform limiting beliefs



Build self-awareness for continuous growth



Improve relationships through self-understanding

WHO THIS IS FOR

Individuals seeking self-awareness and emotional mastery | Caregivers | Parents | Professionals | Individuals in transition or growth phase

FUNDING ELIGIBILITY

SSG / UTAP

 2 days

PRICE

\$700

PARTICIPANT PROFILE	PAYABLE FEE
Singaporean < 40	\$280
Singaporean ≥ 40	\$168

1-Day Programmes

With UTAP funding



PUBLIC COURSES BY **BLENDED CONCEPT**



Applied Suicide Intervention Skills Training (ASIST)

Internationally Accredited Suicide Intervention Programme

ASIST is a globally recognised, evidence-based programme that equips participants with the confidence and skills to intervene when someone may be at risk of suicide. Developed by LivingWorks and used in over 30 countries, this highly experiential training prepares participants to **recognise risk, engage safely, and support individuals** through moments of crisis.

Rather than focusing on theory alone, ASIST emphasises practical readiness — helping participants act compassionately, ethically, and confidently when it matters most.

KEY LEARNING OUTCOMES



Recognise verbal and non-verbal indicators of suicide risk



Conduct supportive, safety-focused intervention conversations



Apply the Pathway for Assisting Life (PAL) model

WHO THIS IS FOR

Caregivers | Educators | Social Service Staff | Healthcare Professionals | Volunteers | HR Practitioners | Anyone who may encounter individuals in emotional crisis.

DELIVERY

Highly interactive | role-play intensive | facilitator-led

FUNDING ELIGIBILITY

UTAP

PRICE

\$600

 **2 days** (16 hours)

 Internationally Accredited ASIST Certificate



Building Resilience & Psychological First Aid at the Workplace

Supporting Well-Being Through Peer-to-Peer Care

This course equips participants with practical tools to **recognise distress, support colleagues**, and foster **psychologically safe environments** using **Psychological First Aid (PFA) principles**.

Participants learn how to respond appropriately without overstepping boundaries and how to care for themselves while caring for others.

KEY LEARNING OUTCOMES



Recognise signs of stress, burnout, and emotional distress



Apply the Look – Listen – Link PFA framework



Practice empathetic listening and supportive communication

WHO THIS IS FOR

Parents | Professionals | Managers | HR specialists | Team leads | Staff supporting others

DELIVERY

Scenario-based practices | Role-plays | Guided reflections

FUNDING ELIGIBILITY

UTAP

PRICE

\$450

 **1 day** (8 hours)

 In-house Certificate of Completion



Caring Through the End

Supporting Loved Ones with Compassion & Sustainability

This reflective programme supports caregivers caring for loved ones with terminal illness.

It focuses on the emotional journey of caregiving such as **identity shifts, anticipatory grief, meaning-making, and resilience**, helping participants care sustainably without losing themselves.

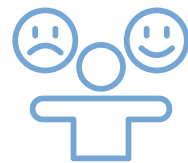
KEY LEARNING OUTCOMES



Understand the emotional landscape of caregiving



Hold space for difficult emotions and conversations



Manage anticipatory grief and emotional exhaustion

WHO THIS IS FOR

Caregivers | Volunteers | Social service and healthcare professionals supporting end-of-life care.

 **1 day** (8 hours)

 In-house Certificate of Completion

DELIVERY

Reflective workshops | Peer sharing | Guided practices

FUNDING ELIGIBILITY

UTAP

PRICE

\$450



“E” in Leadership: Empathic Leadership

Leading with Compassion & Accountability

This course supports leaders in **integrating empathy** into **leadership** without compromising authority or performance.

Participants learn how empathic leadership strengthens trust, engagement, and resilience within teams.

KEY LEARNING OUTCOMES



Understand empathy
as a leadership
competency



Practice empathic
listening and
communication



Lead diverse
teams with clarity
and compassion

WHO THIS IS FOR

Emerging leaders | Supervisors |
Managers | Those in leadership roles

DELIVERY

Experiential activities |
Case studies | Reflections

 **1 day** (8 hours)

 In-house Certificate of
Completion

FUNDING ELIGIBILITY

UTAP

PRICE

\$450



Emotional Resilience & Anger Management at Work

Managing Strong Emotions with Clarity & Control

This one-day programme supports participants in understanding and **managing anger, frustration, and emotional escalation constructively.**

Rather than suppressing emotions, participants learn to regulate responses, communicate assertively, and maintain professionalism under pressure.

KEY LEARNING OUTCOMES



Understand emotional triggers and escalation patterns



Practice emotional regulation and grounding techniques



Apply assertive communication without aggression

WHO THIS IS FOR

Front-line staff | Supervisors | Educators | Healthcare and social service professionals

DELIVERY

Role-plays | Reflections | Applied frameworks

FUNDING ELIGIBILITY

UTAP

PRICE

\$450

 **1 day** (8 hours)

 In-house Certificate of Completion



Future-Ready Professionals: Building Career Confidence & Growth

Clarity, Confidence & Career Direction

This one-day programme supports individuals navigating **career transitions**, whether **entering** the workforce, **returning** after a break, or **adapting** to a changing employment landscape.

Participants gain clarity about their **strengths, direction**, and **professional identity**, while building confidence to take practical next steps.

KEY LEARNING OUTCOMES



Identify strengths, values, and meaningful career directions



Understand workplace expectations and employability skills



Build confidence in professional self-presentation

WHO THIS IS FOR

Early-career professionals | Those returning to work | Individuals transitioning from gig or part-time roles | Staff seeking career clarity and confidence.

 **1 day** (8 hours)

 In-house Certificate of Completion

DELIVERY

Interactive reflection | case studies | guided exercises

FUNDING ELIGIBILITY

UTAP

PRICE

\$450



Managing Difficult Conversations with Ease

Turning Tension into Trust

This programme prepares participants to navigate high-stakes or emotionally charged conversations with **clarity, empathy, and confidence**.

Participants learn structured frameworks to plan, conduct, and close conversations that might otherwise lead to conflict or disengagement.

KEY LEARNING OUTCOMES



Plan difficult conversations with intention



Apply empathy-driven communication frameworks



De-escalate emotional tension effectively

WHO THIS IS FOR

Supervisors | Team leads | Managers | Staff involved in feedback, conflict resolution, or sensitive discussions

 **1 day** (8 hours)

 In-house Certificate of Completion

DELIVERY

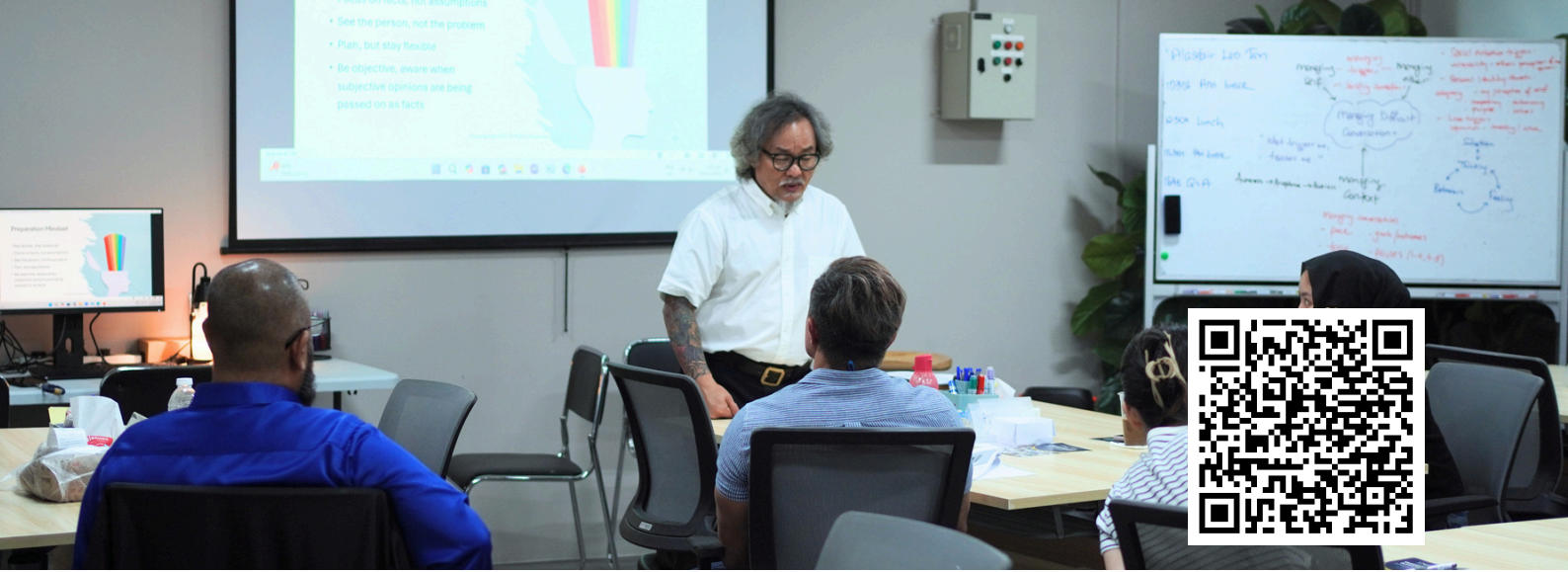
Role-plays | Case discussions | Guided practice

FUNDING ELIGIBILITY

UTAP

PRICE

\$450



Mastering Assertiveness with Confidence

Clear, Respectful & Boundaried Communication

This course equips participants with practical tools to **express needs, set boundaries**, and **handle difficult conversations** with confidence, without being passive or aggressive.

Participants develop self-awareness and communication strategies that strengthen both personal and professional relationships.

KEY LEARNING OUTCOMES



Build confidence to say “no” respectfully



Apply assertive techniques such as “I” statements and boundary-setting



Handle feedback and conflict constructively

WHO THIS IS FOR

Parents | Professionals | Supervisors | HR practitioners | Professionals navigating frequent interpersonal interactions

 **1 day** (8 hours)

 In-house Certificate of Completion

DELIVERY

Practice-focused | Scenario-based learning

FUNDING ELIGIBILITY

UTAP

PRICE

\$450



Time Management and Productivity in the Workplace

Take Ownership Over Your Time

This course will equip individuals with practical strategies to **manage time, prioritise tasks, and sustain productivity** with balance and focus.

Participants develop awareness of **personal work patterns**, apply effective planning tools, and build habits for consistent, long-term performance.

KEY LEARNING OUTCOMES



Recognise factors that affect focus and efficiency.



Apply strategies to manage distractions and set priorities.



Create sustainable and intentional routines.

WHO THIS IS FOR

Working professionals | Team leaders | Entrepreneurs | Freelancers | Individuals seeking to enhance focus, manage workload effectively, and build sustainable habits

DELIVERY

Practice-focused | Scenario-based learning

FUNDING ELIGIBILITY

UTAP

PRICE

\$450

 **1 day** (8 hours)

 In-house Certificate of Completion



Applied Mindfulness for Resilience and Well-Being

Stay calm, present, and resilient in every situation life presents.

This course will introduce practical mindfulness techniques to **build focus, balance, and resilience** for **managing stress** in demanding work environments.

Participants develop **self-awareness, emotional intelligence, and adaptability** to stay composed, empathetic, and effective under pressure.

KEY LEARNING OUTCOMES



Recognise how mindfulness helps manage stress.



Practice evidence-based methods to build calm and focus.



Develop a personal plan for lasting well-being.

WHO THIS IS FOR

Supervisors | Team leads | Those stepping into leadership roles

DELIVERY

Experiential activities | Guided practice | Reflections

 **1 day** (8 hours)

 In-house Certificate of Completion

FUNDING ELIGIBILITY

UTAP

PRICE

\$450



The Leadership Dilemma: Balancing Connection & Authority

Firm, Fair & Humane Leadership

This programme helps leaders navigate the tension between **being approachable** and **maintaining authority**.

Participants develop clarity around boundaries, expectations, and communication styles that foster both trust and accountability.

KEY LEARNING OUTCOMES



Understand connection-authority dynamics



Handle sensitive leadership situations confidently



Strengthen leadership presence and composure

WHO THIS IS FOR

Supervisors | Team leads | Those stepping into leadership roles

DELIVERY

Scenario-based discussions | Role-plays

 **1 day** (8 hours)

FUNDING ELIGIBILITY

UTAP

 In-house Certificate of Completion

PRICE

\$450

REGISTER NOW

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