



TRACOM® GROUP
THE SOCIAL INTELLIGENCE COMPANY®



Adaptive Mindset for **Resilience®**

Half-Day Workshop | Singapore
October 21, 2024 | 1.30pm - 5.30pm

Removing stress from the workplace and life is unrealistic, but improving the way people deal with and respond to change improves performance. TRACOM's unique Adaptive Mindset for Resilience Model® helps individuals and organizations bounce forward in times of change or stress. It assesses the Negativity Bias of each person and teaches practical ways to improve results.

RESILIENCE IS...

Resilience is the ability to bounce forward in times of adversity and to see challenges as opportunities for growth.



*More accepting of
change*

*More engaged
employees*



WHY RESILIENCE?

People are hard-wired to fear change and view things with a negative perspective. These feelings can be overwhelming and hurt productivity. Resilience training helps people understand this negativity bias and provides practical strategies for dealing with work and life in a more objective, realistic way.

WHY NOW?

Resilience training prepares employees for the constantly changing workplace. Research shows that Resilient people more productively...

- Respond to challenges and changes
- Bounce forward from adversity
- Perform more effectively in their jobs
- Are healthier and more engaged with their work

WHY TRACOM GROUP?

The TRACOM Group is the Social Intelligence Company. We provide research-based models, assessments and training solutions to drive individual and organizational performance.



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THIS PROGRAM COVERS:



The Negativity Bias that most often affects you



How that bias prevents you from adapting to change



Using specific skills to overcome the Negativity Bias



Estimate how well you apply these skills



How people deal with stress in specific work scenarios



Overview of strategies to increase your adaptability



Gain access to tools to further your skills development

WHAT'S INCLUDED:



PROFILE REPORT

Self-Perception Adaptive Mindset Assessment

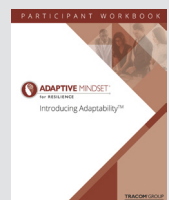
Online self-perception assessment measures a person's Negativity Bias and Resilience Skills from their own perspective.



TRAINING MATERIALS

Introducing Adaptability Participant Workbook

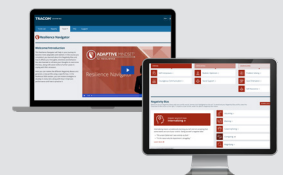
This interactive digital workbook explains key concepts and helps put them into practice through the exercises it contains.



APPLICATION TOOLS

Resilience Navigator

This video-based online tool features strategies and guidance to further understand the Negativity Bias and improve Resilience skills.





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ADMINISTRATIVE DETAILS

Date : October 21, 2024
Time : 1.30pm – 5.30pm
Venue : The Orchard Hotel
442 Orchard Road
Singapore 238879
Fee : S\$495 per participant
Closing Date : September 23, 2024

Registration/Payment:

- Registration may be made by email or online.
- Payment must be received to confirm the registration.

– Payment by Bank Transfer

DBS Bank | Bank Code: 7171 | Branch Code: 015

Account Name: Tan Joo Seet

Account Number: 0150175990

Please notify us of the transfer by email to:

jooseet@gmail.com

– Payment by Credit Card

<https://buy.stripe.com/eVag2b80Cavb5K83cs>

or Scan QR Code



Withdrawal/Refund:

- If notice of withdrawal is received before the Closing Date the Fee less a 10% administrative charge will be refunded.
- If notice of withdrawal is received after the Closing Date there will be no refund.

Cancellation/Postponement:

The organizer reserves the right to cancel or postpone the workshop due to any unforeseen circumstances.

WORKSHOP LEADER



TAN JOO SEET is a TRACOM® Global Associate. He offers the following services to leverage human performance and enhance organizational effectiveness:

- Training: for skills development
- Coaching: for individual application
- Consulting: for organizational implementation
- Advising: for self-sufficiency and sustainment.

He has worked with more than 400 clients in over 30 countries in Asia-Pacific, Europe and North America. He writes regularly and over 30 of his articles have been published, and was a columnist for *Today's Manager*. He was featured in the television program *Money Matters*, and co-hosted the radio series *Working Matters*.

REGISTRATION

Email:

WorkshopRegistration@tanjoooseet.com

Online:

www.tanjoooseet.com/singapore--october-21-2024.html

Mr/Mrs/Ms/Mdm/Dr

Name

Job Title

Mobile

Email

Company

Address

Telephone

Comments

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