

Mentorship Programme 2018

	Session	Date/Time/Venue	Brief Description
1.	Introduction to Mentorship Programme	10 March, Sat 10 am – 12 pm ECH	Introduction to the Mentorship Programme and what it's all about. Get the chance to meet your fellow youth who are participating in the programme and to hear from those who completed the 2017 programme on how their lives have changed after the programme.
2.	Neuro-Linguistics Programming (NLP)	24 March, Sat 10 am – 2 pm ECH	This workshop is conducted by experienced study and performance coach Mr Humphrey Conceicao who will be sharing with you various techniques to help you to improve your study skills, personal mastery and time and stress management. Since it's the first workshop in the entire series, it also provides you with a strong foundation for the upcoming workshops and with an opportunity to start the new school term with a positive mind-set.
3a.	Focusing on What Matters by The Golden Space	28 April, Sat 10 am – 1 pm ECH	Do you find that there are so many commitments that you are so stressed out and it is hard to manage your time or to focus your mind? Well, you're not alone. Many youth also have the same problems. Join us as we introduce mindfulness as a tool to help you to cope with stress and to centre and focus your mind on the important things that matter in your life, to help you achieve success.
4.	Resume Writing & Interview Skills Workshop	5th May, Sat 10 am – 3 pm ECH	In an increasingly complex world, knowing how to project yourself in the eyes of others is an essential skill to master. First impressions count and how do you build a winning resume and cover letter? Where do you find job leads? The workshop will give you answers to all these questions. After completing this workshop conducted by Mr Lionel Lim you'll be ready to step out in confidence.
5.	Out & About with my Eurasian Friends	23 June, Sat 10 am – 2 pm External Venue	Using the beautiful outdoors of Singapore, this workshop will be delivered in a fun and relaxed manner. New and deeper connections will be encouraged by the use of fun games and activities, followed by mindful exercises designed to increase relaxation and contentment in nature.

6.	Youth Career Network (YCN) Career Discovery Session	24 July, Tues 7 pm - 9.30 pm External Venue	Unsure about which course to pursue in tertiary education or which career to pursue after you graduate? In this workshop, we will use structured assessment and career profiling tools to help you better understand your personality, skills and values; and help you identify potential careers which match your profiles.
7.	YCN Career Mentorship Session	26 July, Thurs 7 pm - 9.30 pm External Venue	Following your career discovery workshop on 22 Aug, we will put together a group of mentors across the various areas of industries/occupations where our mentorship participants have expressed an interest. During the Mentorship Interaction Session, you will get the chance to chat with these mentors and select one whom you would like to be your long-term career mentor.
8.	Visualising and Maximising Success	8th Sept, Sat 10 am – 1 pm ECH	This is a practical workshop blending together many tools, skill sets and refining them to create an effective pathway to success. Everyday skills such as short and long term goal setting, time management and study structures will be examined and the students will be encouraged to share their experiences and how they have adjusted their use of these skills over time, to achieve greater success in their study preparations. Whilst exam results are important, success requires commitment, determination and drive. These flow effortlessly when they are supported by passion and an internal drive for success. The benefits of creative visualisations and mindfulness will be discussed and explored through a practical exercise. Students will be guided to reignite their passion and purpose in life and link these powerful motivators to achieving their exam and career successes.
9.	Mentorship Alumni Gathering	Will be advised.	Everyone involved in the Mentorship Programme will be invited and it's an opportunity for both mentors and mentees to catch up over an informal setting and continue building the bonds of friendship.

