

*Healthcare workers of today are subjected to unprecedented levels of stress and are at greater risk of burnout than at any other time in the past. Learning how to manage burnout and build resilience is core to the mental and emotional well-being of healthcare workers.*

## Course Objectives

Built upon 10 years of research into burnout and resilience, this course will empower participants who lead their own teams to learn the skills required to identify and manage burnout as well as build resilience in themselves, their colleagues, and their organization.

## Course Outline (2 Days)

This course will cover the following:

- ✦ Introduction to burnout and its causes and consequences
- ✦ How to you know if you are burning out
- ✦ What are the common clinical scenarios that predisposes one to burnout
- ✦ Explaining the importance of self-care
- ✦ What are the common coping strategies to prevent burnout
- ✦ Case discussion – Common scenarios that cause burnout
- ✦ Understanding what resilience is
- ✦ How do you build personal and team resilience
- ✦ What can leaders, teams and organizations do to prevent burnout and build resilience

## Target Audience

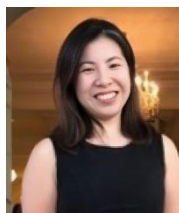
Doctors, Registered Nurses, Advanced Practice Nurses, Enrolled Nurses, Allied Health Professionals, Psychosocial Staff, Senior Management

## Trainers' Profile



### Adj A/Prof Mervyn Koh

Medical Director, Dover Park Hospice  
Senior Consultant, Department of Palliative Medicine, Tan Tock Seng Hospital



### Ms Martha Ng

Principal Medical Social Worker,  
Head, Social Work and Psychosocial Services, Dover Park Hospice

## Training Methodology

Didactic lectures, big and small group discussions, experiential activities, craft activities, role plays, case study discussions, self-reflection, and online self-learning materials

## Course Details

**Date and Time:** 10 & 11 April 2025, 9.00am – 5.00pm

**Training Venue:** Dover Park Hospice, Level 3 Training Room  
TTSH Integrated Care Hub  
1 Tan Tock Seng Link, Singapore 307382

**Course Fee:** \$610.40 per person (Including 9% GST)  
*Prevailing course fee subsidy at 90% for Singaporeans/PRs and 45% for Work Pass Holders working in eligible community care organisations*

## Scan to Register

**For staff of Community Care Organizations (CCOs):**



<https://lms.wizlearn.com/AIC>

**For those who are not staff of CCOs:**



<https://forms.office.com/r/muDiMSsdAV>

For any enquiries, please contact us at [enquiries@palc.org.sg](mailto:enquiries@palc.org.sg) or 65007829.



**PaLC**  
THE PALLIATIVE CARE  
CENTRE FOR EXCELLENCE  
IN RESEARCH AND EDUCATION

[www.palc.org.sg/education/](http://www.palc.org.sg/education/)  
PALC-BPS-I-005