

# Managing Burnout and Building Resilience. A Practical Course for Healthcare Leaders

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

This course will cover the following:

- Introduction to burnout and its causes and consequences
- How to 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

## 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

## Target Audience

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

## Course Details

Date & Time: 23 and 24 July 2026, 9am – 5pm

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

Course Fee: \$671.44 per person (Including 9% GST)

- **Eligible Community Care Organisations (CCOs) may tap onto the [Community Care Training Grant \(CCTG\)](#) to subsidize course fees.**
- **This course is not eligible for funding using SkillsFuture Credit.**
- **Registered doctors who are Singapore Citizens and currently in active primary care practice in Singapore may apply for the [Singapore Hospice Council Primary Care Palliative Champions \(PC2\) Training Award](#)**

## Trainers' Profile



### Adj A/Prof Mervyn Koh

Divisional Chairman (Integrative & Community Care)  
Senior Consultant, Department of Palliative Medicine, Tan Tock Seng Hospital



### Ms Martha Ng, RSW, MSocSci (Social Work)

Principal Medical Social Worker and Head of Social Work and Psychosocial Services at Dover Park Hospice. Member of the SHC-QI Psychosocial and Spiritual Workgroup

## Registration



Scan the QR code or click [here](#) to register!

Register by **09 July 2026**

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

