

# Emotional Resilience Transformational Journey (ERTJ) Course

GROWING EMOTIONALLY  
THRIVING SIGNIFICANTLY

## Dates:

**6 Saturdays from  
1 July to 5 August 2023**

## Welcome Session

(1 July 2023) 1130-230pm

## All other sessions

(8, 15, 22, 29 July and 5 August)  
1030am-130pm

## Venue:

**18 Verdun Road, Cru Center  
Level 3 (Timothy 1)**

## Who is it For?

Tertiary students and young working  
professionals (17-35 years old)

## Working adults:

**\$219 Early Bird / \$249 Full price**

## Students:

**\$149 Early Bird / \$179 Full Price**

*(Course Fees include ThriveSg Emotional  
Resilience Manual, 2 lunches & 4 tea-breaks)  
Do reach out to us if you need sponsorship  
at [thriverscribe@cru.org.sg](mailto:thriverscribe@cru.org.sg)*

**Limited spaces, secure your seat soon!**

**Early Bird closes by 22 May 2023**

**Registration closes 8 June 2023**

Find out more about the ERTJ  
experience at [cru.sg/ERTJ](https://cru.sg/ERTJ)

Follow our instagram at [@thrivesg.tribe](https://www.instagram.com/thrivesg.tribe)  
for more mental health resources.

We provide a **safe space for  
self-discovery**, to learn &  
grow emotionally with trusted  
peers led by our trained  
facilitators over 6 sessions.

## Learn

- Emotional regulation skills
- Manage your inner critic,  
stress & anxiety
- Boundaries for healthy  
relationships and more...!



Sign up at  
<https://cru.sg/thrivesgertj2023>



# Our Course Facilitators



## Pamela Koh

Pamela Koh is the Founder & Clinical Director of ThriveSg. She's a registered counsellor & clinical supervisor with the Singapore Association of Counselling (SAC) & a certified therapist in Eye Movement Desensitization Reprocessing (EMDR). Pamela specialises in working with all kinds of trauma and grief-related issues that often underlies mental health issues like anxiety, depression, addiction and eating disorders.



## Lydia Tam

Lydia Tam is a trained counsellor with a Masters in Counselling at ThriveSg. She enjoys helping people discover their personal values and life goals. She is passionate about helping people work on identity, relationships, life transitions, addiction, and other mental health issues.

