

# EMOTIONAL RESILIENCE TRANSFORMATIONAL JOURNEY

(ERTJ) COURSE



START

# DISCOVER YOURSELF!

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

Learn:

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

## WHO IS THIS FOR?

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

## WHEN AND WHERE?

Venue: 18 Verdun Road, Cru Centre Level 3 (Timothy 1)

Dates: 6 Saturdays from 29 June to 3 August 2024

Welcome Session; 29 June 2024: 11am-2:30pm (Lunch is provided)

All other sessions; 6, 13, 20, 27 July and 3 August 2024: 9:30am-1pm

(Course Fees include ThriveSg Emotional Resilience Manual, 2 lunches & 4 tea-breaks)

## SIGN-UP RATES

### Early Bird Pricing

Working Adults: \$330

Students: \$230

*Closes on 1 April 2024*

### Usual Price

Working Adults: \$360

Students: \$260

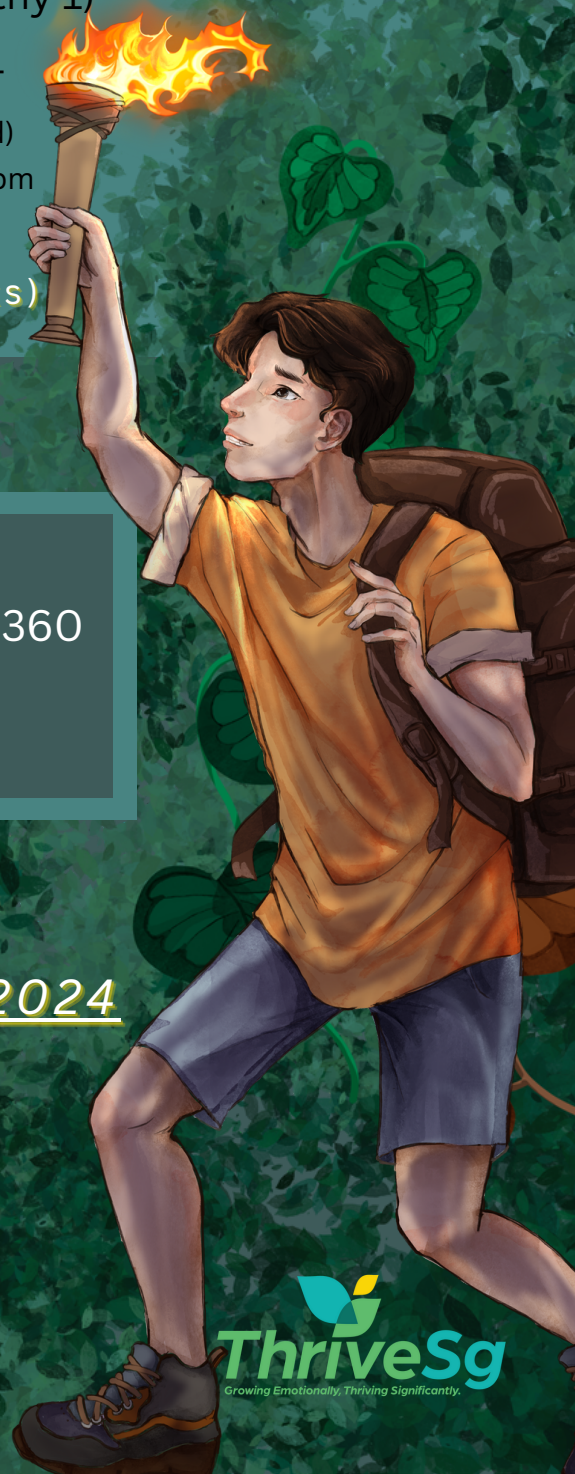
**Registration Closes on 22 April 2024**  
*or when full capacity is reached.*

**[Sign up now! https://cru.sg/ERTJ2024](https://cru.sg/ERTJ2024)**

Do reach out to us if you need subsidies at [thriverscribe@cru.org.sg](mailto:thriverscribe@cru.org.sg).

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

**Limited spaces! Secure your seats soon!**



# OUR COURSE TRAINER



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 underlie mental health issues like anxiety, depression, addiction and eating disorders.



**TIME IS  
RUNNING OUT!**



**START**

