Over 200 participants attended a public talk on understanding mindfulness and the associated benefits through the practice at Lifelong Learning Institute on 27 Jun 2017.

The 2 hours talk was organised by Shan You Counselling Centre in collaboration with University of Oxford Mindfulness Centre and with support from the Lifelong Learning Institute. Prof Willem Kuyken, Director, University of Oxford Mindfulness Centre, a key speaker of the talk, shared with the participants on basic principles of mindfulness, ways of training and retraining the brain through the practice of mindfulness, and on recognizing mindfulness-based treatment methods for depression and other mental health problems.

Participants were primarily healthcare professionals who are involved in promoting mental well-being of individuals through their works. Family and students were also part of the group at the talk. Prof Kuyken spoke on some studies which were conducted on Mindfulness. One of which being the MYRIAD (My Resilience in Adolescence) study. The project is a Wellcome Trust Strategic Award, started in January 2015. It is based on the knowledge that adolescence is a vulnerable time for the onset of mental illness: 75% of mental disorders begin before the age of 24, and half by age 15. By promoting good mental health and intervening early, particularly in the crucial childhood and teenage years, we can help to prevent mental illness from developing and mitigate its effects when it does.

He also shared a simple 4-step practice session: Stop!, feel your ground, breathe, be here now! where participants can use to handle the demands of daily life. The concept of retraining the brain was presented to further reinforce this through the analogy of a flock of sheep making their way through a small gate to get across a field. The sheep could have just made their way through the field without having to go through the fence.

The talk concluded with a Q & A session. Prof Kuyken was joined by Dr Christina Surawy, a clinical psychologist and accredited BABCP cognitive therapist. Dr Christina is also the Mindfulness-Based Cognitive Therapy (MBCT) Training Lead and a co-director of the Master of Studies in MBCT at the OMC. One of the questions raised during the Q&A was how to engage young children to practice mindfulness in a world where they are so connected to their electronic gadgets. Dr Christina, sharing her own experience, replied the journey will be slow and often will require parents to constantly engage and interest their children. There will be a point where they will be willing to explore this new area when they feel the benefit of the practice as seen through the MYRIAD study.

Prof Kuyken and Dr Surawy were in Singapore to deliver the 5-Day MBCT Teachers training organised by Shan You Counselling Centre. Another run of the 5-Day MBCT course will be planned towards end of the year. For enquiries, please contact Shan You at info@shanyou.org.sg.
Cyber Crime Tsunami

Cybercrime is fast evolving. With hackers and Ransomware on the rise, how prepared are we to deal with real-time threats? How can business owners protect digital assets and mitigate security breaches?

Are we prepared? Join us at the seminar to find out more!

31 August 2017
6:00pm – 10:00pm
Event Hall 1-1

Click here for more information

Administer One-Man Chest Compression

Through this talk, participants will gain basic knowledge on first aid resuscitation. Based on statistics, about 8000 people in Singapore develop a heart attack, and at least 1800 people suffer from a cardiac arrest out of a hospital setting. The survival rate is only 3.4% but timely administration of chest compressions and Automated External Defibrillator can greatly increase the chance of survival. This can be done by anyone, including YOU! Make the difference by learning the correct techniques NOW!

29 August 2017
1:00pm – 5:00pm
Lifelong Learning Exploration Centre

Click here for more information

Setting Up a Website for your Business Quick and Easy

The ultra-lean startup or small business needs a basic website, but sometimes you may be unable to afford the time or resources to build a website. However, building a website actually does not take too much time or money! Learn some actionable skills to immediately set up a simple website for yourself.

You will learn:
• The easiest way to get a website up
• Costs involved
• Search Engine Optimization
• How to use tools and resources available to your benefit

7 September 2017
12.30pm – 1.30pm
The LLBrary

Click here for more information

Cyber Crime

UPCOMING EVENTS
Value Creation in a Changing World

As market conditions and business environments change, value creation is critical for business and professional success in an increasingly VUCA (Volatility, Uncertainty, Complexity, Ambiguity) world.

Join us for an interactive and engaging workshop which explores strategies to further enhance personal performance and contribute to team success.

7 September 2017
2:00pm – 5:00pm
Training Room 9-1

Click here for more information

Cyber Security Awareness

Do you know that hackers can access to your computers and get hold of your information? Do you also know that people can control your smart phone and do recordings on you through your phone camera and mic?

Come join us in this introductory talk and let our hacker instructor share with you some TZ ways your devices can be bridged! Be equipped with some defense knowledge before the next cyber-attack hits you!

8 September 2017
12.30pm – 1.30pm
Cyber Security Awareness

Click here for more information

What It Takes to Succeed in the Hotel industry

Hear about the exciting and fascinating stories from a Hotel Front Office personnel. Discover how Front Office personnel handle today’s travelers whom are digitally savvy thanks to their constant access to smartphones and tablets. Get tips on what it takes to be successful in this role, in an ever demanding environment, while uncovering the mystery of what today’s travelers wants.

13 October 2017
12:30pm – 1.30pm
Lifelong Learning Exploration Centre

Click here for more information

CLICK HERE TO CHECK OUT OTHER EVENTS
LLI INSIGHTS
Tools to address needs of the security industry

By Security Industry Institute

The present classroom Competency-based Learning to deliver WSQ training for the security industry has its limitations. There is a growing need to bring training to the workplace as many employers and security officers find it increasingly difficult to take time off from work to attend training at the classroom. This situation is aggravated by the manpower shortage across all industries in Singapore and is especially more acute for this industry as the security officer job is restricted to only Singaporeans, PRs and Malaysians with a crime-free record.

To help prepare the security industry for the next generation of IT-literate workers as well as capitalise on present-day available internet technologies, SII embarked on this innovative project, possibly the first Security Learning Kiosk in Singapore, through a collaboration with a group of industry experts within the security sector to facilitate workplace training. The SLK allows security officers to learn at the workplace as well as perform their regular tasks, via bite-sized and group-based blended learning methodologies. The Kiosk houses an eLearning Repository of approved WSQ security training materials, an industry-standard Visitor Management System, an Online Job Portal, embedded Video Analytics Facial Indexing as well as an MHA-approved Security Patrolling Game in a sleek attractive industrial-designed form.

For the recommended learning strategies, the SLK demonstrates the importance of blended learning through integration of classroom-based training, workplace training and technology enabled training conducted by SII, most importantly driven by the organisations or employers, work-based learning supported by Learning Space LMS portal and usage of state-of-the-art security technologies provided by SMEs to support the above stated learning processes. Apart from the assortment of functions for selection and customisation to needs of organisations, a unique feature and novelty of the SLK resonates around the ability for seamless login through the usage of an Identity Document (eg NRIC or PP) as opposed to the traditional User ID/Password approach. And for the learning outcomes and learners’ profile, it could be monitored through the learning management system.

For more information, you may visit http://www.tp.edu.sg/sil/technology

If you had to live your life all over again ... What would you be doing differently?

For many years, I used to interview executives who were about to retire. A large majority of them said: “I would spend more time with my loved ones”. Others said: “I would follow my heart or my passions more” i.e. to chase the dreams they had but never took the steps to accomplish.

Many people retire with regrets. Some stayed on longer than they would have liked to in their jobs because of a lack of qualifications. Others had family burdens to carry or were reluctant to walk away from a high paying job. Yet others doubted if they had what it took to start a business of their own. A large number of these people stayed on in their jobs even though they no longer found meaning in their work. At some point in their lives, these individuals had either forgotten or given up hope of fulfilling their personal visions or dreams – something that became not critical, but a nice to have.

Years ago, there was a Chief Executive Officer (CEO) who suffered from depression when his small but profitable company was bought over as a result of being outvoted by his shareholders. One day, I asked if he had a dream that he had wanted to fulfil but did not get to doing. After some thought and a little prodding, he concluded that he enjoyed giving tuition and would have liked to have done more to help financially needy students. With financial resources available and free time on his hands, he started by giving tuition in his home to a small group of students. By collaborating with a school in the neighbourhood, he managed to get referrals of weaker students who could not afford tuition. Financially needy students were given tuition on a nominal fee or free-of-charge basis. Eventually, because of his passion, he did very well with his tuition business, and later went on to open up several more branches. The next time I met with him, he was a transformed person – happier and more confident because of this new-found purpose in his life.

I often guide people with a process that I used to use in my thirties. To manage ourselves and our careers well we must have a personal vision or a clear idea of who we want “to be”. Next, we must determine a set of key things that will help us achieve our dreams or what we need “to have”. Finally, we need a strategy or a set of key actions “to do” to achieve the things that we need “to have”. This process applies to all who have a passion to pursue your dreams or visions.

Is there someone that you want to be? Do you know what you need to have? Do you know what you have to do to get there? Act now so that you don’t have to live with regret.

Contributed by Tan Tat Jin, Founding and Managing Partner of Capelle Consulting. Capelle is an integrated solutions provider that helps companies achieve Capability Excellence. We specialize in Leadership and Service Excellence. Through Consulting, Learning and Coaching, we help build companies’ human capabilities in three key areas – Culture and Mindset, Competence and HR Systems and Structures.
Deep skills, enterprise capabilities to scale up and innovate, and industry transformation – these are key features of Singapore’s future economy envisioned by the government in the 2017 Committee for the Future Economy report.

For the Training and Adult Education (TAE) sector, this is a call to contribute by enabling Singaporeans and organisations to acquire and apply deep skills, and to leverage such skills to innovate and transform industries.

At the same time, when you take into account trends of leaner manpower and resource constraints, it is clear that traditional classroom teaching alone is no longer sufficient.

There is good reason that workplace learning has become a hot buzzword in TAE. Not only does it address resource challenges, it also allows learners to learn in an authentic setting with direct application for work and through work.

To boost learning at workplaces, the Institute for Adult Learning (IAL) has developed an online Learning@Work portal that provides employees and organisations with resources and tools to facilitate skills acquisition at the workplace which will lead to improved individual and organisational performance. Find out more at learningatwork.ial.edu.sg.

As a leading Continuing Education and Training institute, IAL works closely and supports adult educators, businesses, human resource developers, and policy makers through its comprehensive suite of programmes and services on raising capabilities as well as catalysing innovations in the sector.

This feature is an excerpt from IALeads (IAL’s eZine for the TAE community) on workplace learning case studies piloted by IAL.
SPOTLIGHT ON LLI’S TOUCHPOINT

iN.LAB - A Lab For Innovation!

Housed within the Lifelong Learning Institute, iN.LAB is a learning innovation lab set up by SkillsFuture Singapore and managed by the Institute for Adult Learning to support learning innovation in Continuing Education and Training. Spaces have been designed to facilitate collaboration, experimentation and incubation of learning innovation.

Trainers and Adult Educators intending to adopt blended learning or produce multimedia learning materials, may approach iN.LAB to find out about the Media Production Suite which consists of a sound-proofed recording studio and multimedia editing rooms. The next highlight is the Smart classrooms, which will be ideal for hosting technology-enabled learning.

What’s Instore for the Training and Adult Education Community

A learning innovation laboratory is not just a facility. What makes iN.LAB even more exciting is the line-up of events and workshops to serve the community.

INLAB runs two signature initiatives as well as two insights and sharing sessions to bring together different stakeholders to Explore, Collaborate and Innovate.

InnovBite is a learn-over-lunch sharing by acknowledged experts of the learning community to share on wide ranging areas from success stories, tips-and-tricks to insider know-hows. It is usually held fortnightly as a form of peer / informal learning.

InnovLogue is a two-hour seminar and panel-led dialogue featuring research work related to training and learning innovation held once a month to bridge research and practice for better learning outcomes.

InnovJam is a series of half-day or one-day events at iN.LAB. Professionals, solutionists, technology partners are invited to share their experience and relate how they overcome challenges in using technology and instilling innovation to boost learning.

InnovPlus runs twice a year, and is a form of hackathon designed to bring together technology and learning solution partners to derive solutions for the sector via rapid prototype development.

Find out more about iN.LAB at www.ial.edu.sg/in.lab
LEARN TODAY!

To be an effective leader in the workplace, you have to be 100% caring towards your staff and passionate about learning – learning about your staff and asking questions.

Clinical psychologist and veteran hostage negotiator at the International Institute for Management Development (IMD) in Switzerland, Dr George Kohlrieser shared about leadership and learning at the inaugural lecture of the World Speaker Series held earlier in April 2017.

The World Speaker Series is brought to you by the Lifelong Learning Council to inspire business communities to take the lead in making lifelong learning a way of life.

Dr Kohlrieser spoke extensively about how individuals can embrace learning to enhance self-leadership and improve their day-to-day lives. But he also had specific words of advice for business leaders to build high performing teams at the workplace.

A GOOD LEADER IS 100% CARING AND 100% DARING

Being caring means able to bond with your team and your employees. That means showing empathy and being willing to be emotional. Bonding is an extremely important part of creating an environment of trust and learning in the workplace.

According to research, women potentially make better leaders than men, said Dr Kohlrieser – and it all boils down to a woman’s ability to bond.

But learning to be daring and assertive, and having the courage to take risks and try new things, are also indispensable traits of a good leader.

Male leaders typically need to learn to be more empathetic and to bond better, while female leaders typically need to learn to be more assertive.

“To lead people, you have to bond with them. But many leaders are cold, detached, disconnected […] That is the missing fundamental leadership behaviour.”

ASK QUESTIONS

Good negotiators ask questions, and questions form the fundamental in leadership. So, try instead, to listen to what your employee have to say, instead of telling them what to do. Empower them by giving them choice.

“Leaders just don’t ask enough questions. They tell people what to do.”

BUILD A POSITIVE WORKPLACE

Positivity encourages learning and growth, said Dr Kohlrieser, while negativity fuels fear and an aversion to change.

Negativity is also infectious. Dr Kohlrieser gave the example of how a single cockroach can ruin an entire bowl of cherries. Negativity can spread like a virus in a team. Ensure that you are leading by example and encouraging your employees to focus on the upside.

FOCUS ON THE PROCESS, NOT ON SUCCESS

One way to emphasise the positive is to celebrate the journey rather than focus on the finish line. Focusing too intensely on success will only lead to a fear of failure, said Dr Kohlrieser. Encourage your team to embrace failure as a learning lesson instead of fearing it. Encourage them to try, try and try again.

HELP YOUR TEAM UNDERSTAND THE BENEFITS OF CHANGE

People do not naturally resist change, said Dr Kohlrieser. Instead, they resist the pain of change and fear of the unknown. Help your employees understand the benefit of the change, and most will learn to embrace the pain that comes with it.

5 TIPS TO BE A GOOD LEADER

Brought to you by:
In support of:
DR KOHLRIESER ON HOW TO LEAD YOURSELF

Dr Kohlrieser spoke about leadership and learning as part of the Lifelong Learning Council World Speakers Series on April 7 and 8 in Singapore. For more similar events and learning, follow us on Facebook: LearnSG or visit our website: www.learnnow.sg

5-MIN VIDEO HIGHLIGHTS
The Lifelong Learning Institute organized a Career Exploration Event targeted for Secondary School students in May 2017. The event aimed to equip students with the opportunities to explore career choices across a spectrum of industries and identify possible educational pathways leading up to these careers.

Over 600 students attended an exciting half day programme which included different interactive and experiential learning activities to discover in-demand occupations and industries.

Speakers including celebrity chef Eric from over 13 industries such as Animation, Healthcare, Media & Communications and Food & Beverage were present to share their passion and first-hand working experience. Learning was also reinforced through interactive mobile online quizzes and competition amongst peers.

Other than talks, there were also job simulation hands-on activities mirroring real job functions and roles in industries such as Aerospace, Infocomm Technology, Retail and Tourism. Activities involving Google Virtual Reality Cardboard, Lego Blocks, and Aeronautical Games were conducted to introduce students to the industry and the various technology and skills sets needed to succeed in the respective job roles. To enhance their learning further, there were also career related bonus missions throughout the session.

Over 80% of the students had found the event enjoyable, and raised their awareness about different industries and occupations. As quoted by a Secondary 4 student from Holy Innocents’ High School, the event had helped him address some of the misconception of certain jobs and provided him a better understanding of different industries and careers.
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