

Training Programme Information

Funded under SG Enable Training Grant
Independent Living and Work Skills Training

Programme Title	Programme Details	Nett Fee (payable by Trainees)	Duration	Area of Training	Training Provider	Training Provider's Contact
Critical Soft Skills for Employment: Managing Stress at Work	Trainees will: - Learn the basic soft skills needed for employment - Understand the importance of these basic soft skills in getting and keeping a job - Develop individualized strategies to support oneself in organization and time management - Practice using the individualized strategies taught in one's daily life	\$37.61	7 hours	Personal Development	Autism Resource Centre (Singapore)	Tel: 6323 3258 Email: qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
Critical Soft Skills for Employment: Organisation & Time Management at Work	Trainees will: - Learn the basic soft skills needed for employment - Understand the importance of these basic soft skills in getting and keeping a job - Develop individualized strategies to support oneself in organization and time management - Practice using the individualized strategies taught in one's daily life	\$37.61	7 hours	Personal Development	Autism Resource Centre (Singapore)	Tel: 6323 3258 Email: qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
Critical Soft Skills for Employment: Workplace Communication & Social Skills	Trainees will: - Learn the basic soft skills needed for employment - Understand the importance of these basic soft skills in getting and keeping a job - Develop individualized strategies to support oneself in organization and time management - Practice using the individualized strategies taught in one's daily life	\$37.61	7 hours	Personal Development	Autism Resource Centre (Singapore)	Tel: 6323 3258 Email: qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
Finding Joy: Habits for Happier Living	Trainees will learn to: - Identify sources of unhappiness and strategies to overcome them - Identify key habits that lead to happier living - Put evidence-based habits into practice	\$45.12	9 hours	Personal Development	Autism Resource Centre (Singapore)	Tel: 6323 3258 Email: qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
Friendship 101: Cracking the Code of Social Interactions	Trainees will learn to: - Gain skills for making informal conversation with others. - Gain skills for handling different social situations. - Increase ease and confidence of using these skills by practicing with peers.	\$45.12	9 hours	Personal Development	Autism Resource Centre (Singapore)	Tel: 6323 3258 Email: qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
Adulting 101: Basic Money Management	Trainees will learn to: - Gain awareness and motivation to spend and save - Acquire basic money management skills to begin journey towards becoming more independent with own money - Practice the skills in daily life and receive feedback on one's progress	\$45.12	9 hours	Personal Development	Autism Resource Centre (Singapore)	Tel: 6323 3258 Email: qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
Captivating Social Media Posts with CapCut	Trainees will learn to: - Understand CapCut features and functions - Apply CapCut skills to plan and create engaging social media content - Incorporate storytelling techniques	\$36.94	7 hours	Personal Development	Autism Resource Centre (Singapore)	Tel: 6323 3258 Email: qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
Navigating the Digital World: Digital Citizenship for Young Autistic Adults	Trainees will learn to: - Recall and summarise the key components of digital citizenship - Demonstrate the application of online etiquette and social media navigation skills - Analyse and evaluate the elements of positive digital footprints and cyber safety	\$36.94	7 hours	Personal Development	Autism Resource Centre (Singapore)	Tel: 6323 3258 Email: qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg

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No-Code Web Publishing with Canva	Trainees will learn to: - Master Canva basics - Understand design fundamentals - Display hands-on web-publishing skills	\$36.94	7 hours	Personal Development	Autism Resource Centre (Singapore)	Tel: 6323 3258 Email: qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
City Snap – Chinatown, Tanjong Pagar	Upon completion of the training workshop, participants should be able to: - Understand the basic photography techniques, including various types of shots, angles, and composition rules. - Learn to utilize photo editing tools to enhance and refine images. - Apply the acquired techniques through practical exercises in photo-taking and editing, empowering them to capture and create stunning photographs independently. - Develop essential life skills such as independence, creativity, communication, and problem-solving through photo-taking.	\$31.57	7 hours	Personal Development	Autism Resource Centre (Singapore)	Tel: 6323 3258 Email: qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
Walk N'Vlog - Kampong Gelam/Geylang Serai	Upon completion of the training workshop, participants should be able to: - Understand and identify basic videography techniques - Understand how to use video editing software to produce their individual vlogs - Apply techniques learned into practice through video-taking and editing - Develop essential life skills such as independence, creativity, communication, and problem-solving through the vlogging process	\$31.57	7 hours	Personal Development	Autism Resource Centre (Singapore)	Tel: 6323 3258 Email: qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
Personal Leadership: Learning Preferences	Upon completion of the training workshop, participants should be able to: - Understand the unique learning preferences of many individuals on the Autism Spectrum - Understand how this impacts the way we see things and solves problems - Learn 'hacks' to optimize one's learning and productivity	\$42.77	7 hours	Personal Development	Autism Resource Centre (Singapore)	Tel: 6323 3258 Email: qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
Personal Leadership: Building Self-Awareness	Upon completion of the training workshop, participants should be able to: - Increase awareness of their strengths and challenges in relation to their autism diagnosis. - Be aware of some tools and strategies to support their own development in career and independent living.	\$42.77	7 hours	Personal Development	Autism Resource Centre (Singapore)	Tel: 6323 3258 Email: qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
Personal Leadership: Self-Directed Learning	Upon completion of the training workshop, participants should be able to: - Acquire tools self-directed learning. - Identify relevant goals for self-development and lifelong learning. - Employ personalized learning strategies. - Craft plan to overcome obstacles.	\$42.77	7 hours	Personal Development	Autism Resource Centre (Singapore)	Tel: 6323 3258 Email: qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
AI & Me - Using AI Responsibly & Ethically	Upon completion of the training workshop, participants should be able to: 1. Understanding AI: Definitions and Concepts 2. AI Training Processes: How AI Learns 3. Rationale for AI Utilization 4. Responsible and Ethical Use of AI in Everyday Situations	\$36.91	7 hours	Personal Development	Autism Resource Centre (Singapore)	Tel: 6323 3258 Email: qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
IoT Projects: Creating Internet-Connected Devices	Upon completion of the training workshop, participants should be able to: 1. Fundamentals of IoT and Micro:bit and its application for enhancing independent living outcomes 2. Programming and building of IoT devices with Micro:bit 3. Sending data to the cloud for detailed data analysis, contributing to informed decision-making and furthering independent living goals	\$36.91	7 hours	Personal Development	Autism Resource Centre (Singapore)	Tel: 6323 3258 Email: qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
Creative 3D Designs with TinkerCAD	Upon completion of the training workshop, participants should be able to: 1. Learn basic design principles of creative design and how they apply within the Tinkercad environment. 2. Develop ability in using Tinkercad's tools and features to create simple 3D models and prototypes. 3. Apply design thinking to solve problems and refine designs effectively and creativity in various aspects of independent living.	\$36.91	7 hours	Personal Development	Autism Resource Centre (Singapore)	Tel: 6323 3258 Email: qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg

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Walk N'Vlog – Gardens By the Bay/Singapore Botanic Gardens	Upon completion of the training workshop, participants should be able to: 1. Understand and identify basic videography techniques: a. Types of Shots b. Types of Angles c. Composition rules d. Logging techniques 2. Understand how to use video editing software to produce their individual vlogs 3. Apply techniques learned into practice through video-taking and editing 4. Develop essential life skills such as independence, creativity, communication, and problem-solving through the vlogging process	\$31.57	7 hours	Personal Development	Autism Resource Centre (Singapore)	Tel: 6323 3258 Email: qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg
Fit Me Training Programme	The programme aims to empower persons with disabilities with the relevant training focusing on physical, emotional and mental wellness (independent living) and communication skills (with an emphasis on relating to others and teamwork). The trainees will benefit from improved physical and cognitive skills; improved functional movements that will help them in their daily activities through a good mix of play focusing on balance, co-ordination, power and strength; and useful skills that are taught with an emphasis on communication and teamwork that may help them be better employment-ready and more independent.	\$11.23	9.75 hours	Personal Development	FITME.SG	Tel: 90278174 Email: fitme.sg@gmail.com
Basic Communication Skills (Level 1)	- Trainees will learn how to use simple, clear words and sentences or nonverbal communication to express needs and emotions. - Trainees will develop basic conversational skills, like greeting others, making simple requests, and responding to questions. - Trainees will demonstrate paying attention when someone is speaking and taking turns while communicating with others.	\$25.00	10 hours	Personal Development	A Kind Place Pte Ltd	Tel: 8757 8049 Email: hello@akindplace.co
Eating at Home and Outside (Basic)	- Trainees will learn good hygiene practices, proper utensil use, and fundamental table manners. They will also learn to seek assistance effectively in various restaurant scenarios. - Trainees will learn to use restaurant menus, identify food items (including basic translations, if needed), place orders, and manage payment transactions using different methods like cash and cards. - Through simulated dining experiences, participants will build confidence in applying their acquired skills. They will gain practical readiness for real world dining scenarios, understand appropriate social interaction norms in diverse restaurant settings, and learn to adjust their behaviour accordingly.	\$25.00	10 hours	Personal Development	A Kind Place Pte Ltd	Tel: 8757 8049 Email: hello@akindplace.co
Emotional Regulation (Level 1)	- Trainees will recognise basic emotions like happy, sad, angry and scared through simple words, pictures, or gestures. - Trainees will identify simple, physical signs that they are becoming upset, like clenching fists or feeling hot. - Trainees will demonstrate simple calming techniques.	\$25.00	10 hours	Personal Development	A Kind Place Pte Ltd	Tel: 8757 8049 Email: hello@akindplace.co
Expressive Movement (Basic)	- Trainees will enhance relaxation and stress reduction techniques through guided exercises and grounding practices. - Trainees will be encouraged to use creative and emotional expression through movement and music, exploring a range of emotions. - Trainees will build connection with others through group movement activities.	\$25.00	10 hours	Personal Development	A Kind Place Pte Ltd	Tel: 8757 8049 Email: hello@akindplace.co
Know Your Local Area	- Trainees will be equipped with the ability to identify and differentiate key locations within their neighbourhood, such as MRT stations, polyclinics, police stations, shopping malls, and parks. - Trainee will foster comprehension of the purpose and function of each key location. Participants will learn why and when they might visit these locations. - Trainee will develop practical navigation skills by learning about key features within each location (e.g., information counters, toilets, supermarkets) and strategies for finding their way around unfamiliar areas.	\$25.00	10 hours	Personal Development	A Kind Place Pte Ltd	Tel: 8757 8049 Email: hello@akindplace.co

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Multisensory Arts (Basic)	<ul style="list-style-type: none"> - Trainees will refine their physical Senses through integration of artistic activities that stimulate and refine participants' senses of taste, touch, smell, sight, and sound. - Trainees will develop social skills and promote positive Interactions through collaborative art projects to promote interaction, teamwork, and cooperation. - Trainees will improve fine motor skills and coordination through learning basic art techniques relevant to each art form, developing fine motor skills and focus. 	\$25.00	10 hours	Personal Development	A Kind Place Pte Ltd	Tel: 8757 8049 Email: hello@akindplace.co
Personal Grooming (Basic)	<p>Trainees will enhance proficiency in fundamental daily living tasks, encompassing personal grooming, clothing care, and home safety practices, to foster autonomy and self-reliance</p> <p>Trainees will cultivate awareness and competency in essential life skills to promote improved quality of life, social inclusion, and personal safety in everyday activities.</p> <p>Trainees will be equipped with the necessary knowledge and abilities to manage basic daily living tasks effectively and independently.</p>	\$25.00	10 hours	Personal Development	A Kind Place Pte Ltd	Tel: 8757 8049 Email: hello@akindplace.co
Personal Safety (Basic)	<ul style="list-style-type: none"> - Trainees will learn to identify key contacts (e.g., parents, emergency services) and understand when to reach out to each. - Trainees will develop the ability to distinguish between true emergencies (fires, accidents) and non-urgent situations, promoting appropriate responses. - Trainees will gain skills to know how to call for help. 	\$25.00	10 hours	Personal Development	A Kind Place Pte Ltd	Tel: 8757 8049 Email: hello@akindplace.co
Taking Public Transport (Level 1)	<ul style="list-style-type: none"> - Trainees will identify all major types of public transport in Singapore (i.e. buses, MRT, LRT, taxi, grab) in a classroom setting. - Trainees will demonstrate the knowledge of using public transport and etiquette (e.g. queuing). - Trainees will know what to do in case of common problems such as missing a stop, losing a transport card, or needing help. 	\$25.00	10 hours	Personal Development	A Kind Place Pte Ltd	Tel: 8757 8049 Email: hello@akindplace.co
Working with Others (Basic)	<ul style="list-style-type: none"> - Trainees will develop improved communication abilities, enabling them to effectively engage with others and express themselves in social situations. - Trainees will cultivate positive behaviours such as sharing and taking turns, promoting collaboration and cooperation in group settings. - Trainees will gain enhanced problem-solving skills through collaborative experiences, enabling them to tackle challenges more effectively in social and interactive contexts. 	\$25.00	10 hours	Personal Development	A Kind Place Pte Ltd	Tel: 8757 8049 Email: hello@akindplace.co
Mindfulness for Emotional Regulation	<ul style="list-style-type: none"> - Trainees will practice basic mindfulness exercises like breathing techniques, body scans and sensory awareness activities. - Trainees will connect with nature through mindfulness practices on nature walks. - Trainees will practicing basic yoga poses to release tension and enhance mindfulness. 	\$25.00	10 hours	Personal Development	A Kind Place Pte Ltd	Tel: 8757 8049 Email: hello@akindplace.co
WRIST (F&B module)	Trainees will learn about F&B service sequence, how to handle equipment and various F&B aspects such as food safety, menu ingredients etc.	\$11.25	15 hours	Food & Beverages	Langford Hospitality Consultants	97923692 langfordhc5@gmail.com
WRIST (Food Processing module)	Trainees will learn how to handle food production tools & equipment, They will learn how to process vegetables (peeling, slicing, packing, weighing), how to identify sort and clean vegetables.	\$11.25	15 hours	Food & Beverages	Langford Hospitality Consultants	97923692 langfordhc5@gmail.com
WRIST (Housekeeping module)	Trainees will learn how to identify different types of linen, how to sort, fold and pack linen. They will also learn how to identify different types of guestroom and bathroom items. They will also learn how to vacuum, sweep, mop and clean toilets and bathrooms.	\$11.25	15 hours	Hotel & Accommodation	Langford Hospitality Consultants	97923692 langfordhc5@gmail.com
WRIST (Stewarding module)	Trainees will about dishwashing process (scraping, pre-rinse, rinsing, racking and storing). They will learn how to identify different crockery, cutlery, service equipment. They will learn how to spot defects and damages and clear trashbins and replace bin liners.	\$11.25	15 hours	Hotel & Accommodation	Langford Hospitality Consultants	97923692 langfordhc5@gmail.com

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Basic Resin Craft with Healthy Living	Participants will learn the theory of resin craft and also experience the joy of making their own resin pieces. At the end of the 4 sessions, they will bring home 2 different types of items they have made during the course. They will also transit to physical exercise with commuting experience in their 3rd lesson, and we have added money skills to help them understand the concept of retailing or buying a product in the 4th lesson.	\$29.65	15 hours	Arts & Entertainment	Athome Décor Pte Ltd	8253 9800 jojomama.net@gmail.com
Tourism Soft Skills Training	Trainees will learn the necessary soft skills in communication, interpersonal and problem solving to excel in front-line tourism roles such as tour guide, customer service representative, and event hospitality staff.	\$50.00	21 hours	Tour and Travel Services	Ludus Lab Private Limited	81280129 train@luduslab.sg
AgriSocial for Good	Trainees will acquire basic skills required for employment in an urban farm to effectively contribute as an AgriPrentice.	\$44.99	48 hours	Agriculture and Fishing	Nutrious Farms Pte. Ltd.	89166933 damien.lam@nutriousfarms.com
AgriSocial for Good Workshop	Trainees will gain an appreciation of food security and agriculture industry and develop an interest in agriculture through experiential learning to understand the job opportunities available to Persons with Disabilities in Agriculture industry.	\$14.75	8 hours	Agriculture and Fishing	Nutrious Farms Pte. Ltd.	89166933 damien.lam@nutriousfarms.com
Basic Data Labelling Workshop	Trainees will learn the basics of data labelling like image classification, object detection and NLP data set.	\$32.00	16 hours	Others	Bizlink Centre Singapore Ltd	Tel: 6449 5652 Email: jojason@bizlink.org.sg
Macrame for Fashion Handbag & Accessories Making	Trainees will: 1. Learn the fundamentals of macrame including an introduction to the basic knots and patterns. 2. Learn how to apply the basic knots and patterns in creating handbags and accessories in support of the SFC X Sg Enable Sustainable Fashion Collaboration.	\$27.49	40 hours	Design	Bound Designs Pte. Ltd.	Tel: 88176639 Email: hello@bound.sg
Building, Maintenance and Music Making Workshop (Ukulele & Guitar)	Trainees will learn to: 1. Gain awareness of the different parts of the ukulele and their functionalities by assembling a ukulele 2. Gain awareness of the different parts of the guitar and their functionalities through understanding its anatomy 3. Acquire basic Ukulele chords and applying to play tunes in a sing-along session in a group setting	\$29.23	21 hours	Arts & Entertainment	Music Solutions	Tel: 80204855 Email: contact@musicsolutions.com.sg
Performing and Recording Music (Level 1)	Trainees will learn to: 1. Develop their instrumental and ensemble skills so as to enable them to perform music in a live environment, 2. Develop their skills to plan, set up and record a piece of music in a home studio setting.	\$46.70	33 hours	Arts & Entertainment	Music Solutions	Tel: 80204855 Email: contact@musicsolutions.com.sg
Introduction to Revit Training	This is an introductory course to Revit that covers the various concepts and terminologies that define the software, basic options and terminologies available in the software interface for successful application and implementation of a project within the Revit environment, as well as the process of creating 3D from 2D and the various parameters governing it. Participants will also be introduced to drafting tools such as model lines, detail lines, rectangle, polygon, circle, filter, arc, ellipse, and the modify option settings, as well as controlling graphics and other interface settings such as visibility graphics and view range. By the end of the course, participants will have the skills to successfully set up a project in Revit to achieve the federated model and be able to present it in a sheet for submission purposes.	\$40.43	8 hours	Building and Construction	Bimage Consulting Pte. Ltd.	Tel: 62717875 Email: enquiry@bimageconsulting.com
Essential Skills for Independent Living	To equip unemployed persons with disabilities with essential skills for independent living such as make simple food, drinks, cleaning and safety at home.	\$17.71	15 hours	Personal Development	Singapore Institute of Hospitality	Tel: 92748177 Email: info@sih.edu.sg
Public Independent Skills	To equip unemployed persons with disabilities with independent skills that they can use in public spaces such as behaviour when taking public transport, crossing the road and buying things.	\$17.71	15 hours	Personal Development	Singapore Institute of Hospitality	Tel: 92748177 Email: info@sih.edu.sg
Block Printing Workshop	Trainees will skills such as how to create beautiful fabric prints by the art of block printing. By learning to coat the stamps in paint, position, place and make surface repeating patterns of iconic Singapore-inspired designs, participants will get hands on experience to make their own unique patterns.	\$42.00	10 hours	Design	Photo Phactory	Tel: 90619772 Email: valleyaroraphotophactory@gmail.com



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INdependent Me: Conquering the Community	Many individuals with special needs struggle to lead a fulfilling life as they lack the essential skills to navigate through life independently. From understanding the different community places to understanding hidden social norms; learning how to care for oneself at home and learning how to live independently. The INdependent Me series of workshops is meant to equip individuals with these essential skills.	\$40.00	20 hours	Personal Development	Spedgrow Pte Ltd	info@spedgrow.com
INdependent Me: The Expert at Home	Many individuals with special needs struggle to lead a fulfilling life as they lack the essential skills to navigate through life independently. From understanding the different community places to understanding hidden social norms; learning how to care for oneself at home and learning how to live independently. The INdependent Me series of workshops is meant to equip individuals with these essential skills.	\$40.00	20 hours	Personal Development	Spedgrow Pte Ltd	info@spedgrow.com
INdependent Me: The Wise Adult at Home	Many individuals with special needs struggle to lead a fulfilling life as they lack the essential skills to navigate through life independently. From understanding the different community places to understanding hidden social norms; learning how to care for oneself at home and learning how to live independently. The INdependent Me series of workshops is meant to equip individuals with these essential skills.	\$40.00	20 hours	Personal Development	Spedgrow Pte Ltd	info@spedgrow.com