

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) | Trainees will enhance proficiency in fundamental daily living tasks, encompassing personal grooming, clothing care, and home safety practices, to foster autonomy and self-reliance Trainees will cultivate awareness and competency in essential life skills to promote improved quality of life, social inclusion, and personal safety in everyday activities. Trainees will be equipped with the necessary knowledge and abilities to manage basic daily living tasks effectively and independently. | \$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 |
| Self-Care Essentials | Trainees will: 1) Understand how personal hygiene contributes to overall health and well-being. 2) Learn essential grooming techniques for bathing, dental care, skincare, and clothing care. 3) Comprehend the significance of modesty and appropriate behaviour in diverse social settings, while mastering the art of maintaining a neat appearance and dressing appropriately for various occasions. | \$29.40 | 20 hours | Personal Development | MIJ Training & Consultancy LLP | 6443 6601 admin@mijhub.com |
| Enhancing Mental and Emotional Well-being Through Movement Intervention | Trainees will learn to: 1) Enhance Stress Management and Emotional Regulation 2) Promote Integration of Cognitive and Emotional Processes 3) Cultivate Physical and Emotional Grounding | \$16.77 | 10 hours | Personal Development | MIJ Training & Consultancy LLP | 6443 6601 admin@mijhub.com |
| Safe Food Handling And Preparation | Trainees will learn to: 1) Learn how to keep oneself and others safe by understanding and practicing food safety and hygiene principles. 2) Develop confidence in preparing simple and nutritious meals at home, enabling one to make healthier food choices independently. 3) Gain knowledge and strategies for efficiently cleaning up after cooking and eating, ensuring a hygienic and organized kitchen environment. | \$39.96 | 27 hours | Personal Development | MIJ Training & Consultancy LLP | 6443 6601 admin@mijhub.com |
| Communicating Needs and Practicing Self-Advocacy | Trainees will learn to: 1) Develop the confidence to express their needs, preferences, and emotions effectively in various situations, leading to improved communication and interpersonal interactions. 2) Acquire practical strategies and techniques to advocate for themselves, including asserting their rights, articulating their needs, and seeking support when necessary, fostering greater autonomy and self-determination. 3) Gain a deeper understanding of their rights as individuals with special needs, including the right to be heard, respected, and included in decision-making processes, empowering them to advocate for themselves more effectively and navigate social and institutional environments with greater awareness and agency. | \$34.80 | 19 hours | Personal Development | MIJ Training & Consultancy LLP | 6443 6601 admin@mijhub.com |
| Empowerment Through Employment - Career Preparation and Development | Trainees will learn to: 1) Understand strengths, interests, and set achievable career goals. 2) Explore various career options, develop job search strategies, and enhance communication skills for the workplace. 3) Build self-advocacy skills, understand workplace etiquette, and create personalized career action plans. | \$42.30 | 27 hours | Personal Development | MIJ Training & Consultancy LLP | 6443 6601 admin@mijhub.com |
| Intro to Cooking World | The programme aims to provide Trainees with a strong foundation in simple cooking techniques while also fostering mental resilience and enhancing both gross and fine motor skills. By engaging in cooking activities, Trainees will gain practical skills, develop a resilient mindset, and improve their physical coordination. | \$19.99 | 7.5 hours | Food and Beverages | Seeteey Pte. Ltd. | 87491330 enquiry@flourpower.sg |

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| Basic Cooking I | The programme aims to provide Trainees with more in-depth learning on the various cooking techniques while also fostering mental resilience and enhancing both gross and fine motor skills. By engaging in cooking activities, Trainees will gain practical skills, develop a resilient mindset, and improve their physical coordination. | \$42.64 | 16 hours | Food and Beverages | Seeteey Pte. Ltd. | 87491330 enquiry@flourpower.sg |
| Basic Cooking II | The programme aims to provide Trainees with a stronger foundation in their cooking techniques while also fostering mental resilience and focusing more on enhancing both gross and fine motor skills. By engaging in cooking activities, Trainees will gain practical skills, develop a resilient mindset, and improve their physical coordination. | \$52.63 | 24 hours | Food and Beverages | Seeteey Pte. Ltd. | 87491330 enquiry@flourpower.sg |
| Intro to Baking World | The programme aims to provide Trainees with a strong foundation in simple baking techniques while also fostering mental resilience and enhancing both gross and fine motor skills. By engaging in baking activities, Trainees will gain practical skills, develop a resilient mindset, and improve their physical coordination. | \$17.63 | 7.5 hours | Food and Beverages | Seeteey Pte. Ltd. | 87491330 enquiry@flourpower.sg |
| Basic Baking I | The programme aims to provide Trainees with a more in-depth learning on the various baking techniques while also fostering mental resilience and enhancing both gross and fine motor skills. By engaging in baking activities, Trainees will gain practical skills, develop a resilient mindset, and improve their physical coordination. | \$37.62 | 16 hours | Food and Beverages | Seeteey Pte. Ltd. | 87491330 enquiry@flourpower.sg |
| Basic Baking II | The programme aims to provide Trainees with more in-depth learning on various baking techniques while also fostering mental resilience and enhancing both gross and fine motor skills. By engaging in baking activities, Trainees will gain practical skills, develop a resilient mindset, and improve their physical coordination. | \$52.63 | 24 hours | Food and Beverages | Seeteey Pte. Ltd. | 87491330 enquiry@flourpower.sg |
| Empowering Routines with Google Workspace | This workshop is meticulously crafted to empower learners, equipping them with invaluable digital skills crucial for thriving independently in today's digital landscape. Through practical activities, participants will harness the power of Google Workspace apps to establish and enhance daily routines. From mastering Gmail and Calendar for efficient communication and scheduling to leveraging Google Drive for seamless organisation, participants will be able to emerge with newfound confidence and proficiency, ready to navigate the complexities of the digital age with ease and independence. | \$36.91 | 7 hours | Personal Development | Autism Resource Centre (Singapore) | Tel: 6323 3258 Email: qiuquan.tan@autism.org.sg ; lina.kam@autism.org.sg |
| RoboRovers: Code & Design Remote Controlled Robots | RoboRovers is an exciting course where you'll assemble and program a robot and control its movement. Participants will learn how to code and add additional components to the robot using recycled materials. Personalise your robot to stand out and compete in battles against classmates. This is all about building, creativity, and having a blast. Join us for an awesome adventure in the world of RoboRovers! | \$36.91 | 7 hours | Personal Development | Autism Resource Centre (Singapore) | Tel: 6323 3258 Email: qiuquan.tan@autism.org.sg ; lina.kam@autism.org.sg |
| Introduction to Personal Hygiene, Safety and First Aid Course | Trainees will learn how to recognise risks around the environment they are in. They will be able to hands-on manage simple wounds, stay calm by learning correct methods and using technology to assist them to call for help. | \$37.23 | 9 hours | Personal Development | Aris Integrated Medical Pte Ltd | 64624043 info@aris-im.com |
| Navigating and Commuting in the Community for Adults with Different Abilities | This training programme aims to empower adults with different abilities by providing them with the necessary competencies to navigate and commute within their communities. | \$52.63 | 46 hours | Personal Development | Goshen Consultancy Services Pte Ltd | 69747137 enquire@consultgoshen.com |