

# Develop Self

## The Bootcamp for Conquering Mountains

Based on SkillsFuture Singapore Skills Framework.

\*Enjoy up to **70% SkillsFuture Funding and Absentee payroll Funding** now!



### Every Mountain Top is Within Reach. Prepare for the ascent.

*"It is not the mountain we conquer but ourselves."*

Sir Edmund Hillary

Facing the challenges of a turbulent business world is much like climbing a mountain. There are hazards to overcome. Daunting decisions to make. Perhaps even an expedition to lead.

Are you up to the task? Sharing your vision with passion and drive? Before you conquer any mountain, first conquer yourself. Embark on our 2-day bootcamp that gears you for challenges ahead. Identify your strengths so as to push yourself and others to the ultimate limit. Build up muscle for constant growth and be on top of your game!

Re-examine the way you work so as to adapt quickly to change. Equip yourself with essential skills on communication, decision making and professional self-development. Learn from a highly qualified facilitator with insight and passion!

Get ready to be engaged through profiling, case studies, role plays, discussions and presentations. Emerge with the mindset and strategies of effective T-shaped leadership. Most of all, climb your mountain with ease as you lead your team to the top!

### Learning Outcomes

At the end of the course, you will be able to:

- Increase self-awareness in developing and maintaining professional competence.
- Adapt communication style at the workplace.
- Use appropriate decision making processes in team setting.

### Topics

Develop and Maintain Professional Competence

- Career Assessment.
- Career Development Strategies.

## Topics (continued)

### Communicate Effectively

- ▶ 2-way Communication.
- ▶ Barriers to Effective Communication.
- ▶ Art of Feedback.
- ▶ Communication style.

### Lead Team Decision Making

- ▶ Goal-setting
- ▶ Data Collection
- ▶ Idea Generation
- ▶ Risk Profiling
- ▶ Choice



## Target Participants

Team Leaders looking to identify their personal strengths and limitations, to enhance their skills and maximise their impact.



## Certificate

Upon successful completion of the course, participants will be awarded with a Statement of Attainment from SkillsFuture Singapore (SSG), namely **Personal Effectiveness(Level 3)**.

## What Our Clients Say...

- ▶ 100% of our participants intend to apply what they have learnt at their workplace.
- ▶ 100% of our participants would recommend the course to their friends and colleagues.

*"I learnt valuable teachings on communicating with the elder generation and my workers. Thank you for upgrading me into a better leader for my team."*

Charles Tan  
Executive Director  
Sunray Woodcraft Construction Pte Ltd

*"By applying self assessment, effective communication and decision-making, learners can achieve better effectiveness at work. Enriching, refreshing and definitely a two thumbs up course!"*

Brian Soh  
IT/Infrastructure Manager  
Seng Heng Engineering Pte Ltd

## Our Facilitator



Mr Johnny Ong is a Peak Performance Specialist at Bootstrap. He specialises in Personal Development and Peak Performance. Besides holding training and speaking sessions for adults, Johnny also conducts motivational and personal development workshops in schools, as well as parenting and teacher development.

Johnny worked as Sales Director in the music and hospitality industries. He has led and trained sales teams in various multinational companies for more than fourteen years in senior sales management positions. He has led sales teams to top market share positions. He left the corporate world in 2007 to pursue his passion in writing, speaking and training. He is the author of "Don't Live Your Life in One Day - 100 Effective Rules to Live a Meaningful Life". He is also the author of "How To Be A Hero Dad".

Johnny's academic qualifications include a Master of Business Administration degree from the University of Hull (United Kingdom), as well as a Master of Social Science (Professional Counselling) from the Swinburne University of Technology (Australia). His other credentials include an Advanced Certificate in Training and Assessment from the Institute of Adult Learning, a Diploma in Psychotherapy, and advanced training in Cognitive Behavioural Therapy.

Johnny also runs a counselling practice and is an adjunct lecturer in counselling psychology.



## Register Today!

Call (65) 6592 0024 or  
email: [peggy.sitoh@bootstrap.com.sg](mailto:peggy.sitoh@bootstrap.com.sg)

2 days, 8:30am to 8:00pm,  
21 hours excluding lunch hour.

Course Venue : 140 Paya Lebar Road,  
#02-07, AZ@Paya Lebar,  
Singapore 409015

23 & 24 Mar 2023

19 & 20 Jun 2023

## Course Fee

Enjoy up to 70% SkillsFuture Funding and Absentee Payroll Funding from SSG now! Company-sponsored Singaporeans and Singapore Permanent Residents with Central Provident Fund contributions are eligible for the following:

Funding Type	Course Fee	SkillsFuture Funding	Nett Fee	Absentee Payroll Funding	Nett Investment for Employer
<b>SkillsFuture Funding (Baseline)</b> For Non-SME sponsored & Self-sponsored Individuals below 40 years old.	\$780.00	\$390.00	\$390.00	\$94.50	\$295.50
<b>SkillsFuture Mid-Career Enhanced Subsidy</b> For Singaporeans 40 years old and above. (Same for SMEs, Non-SMEs & Self-Sponsored Individuals.)	\$780.00	\$546.00	\$234.00	\$94.50	\$139.50
<b>SkillsFuture Enhanced Training Support for SMEs</b> For SME-Sponsored Individuals regardless of age.	\$780.00	\$546.00	\$234.00	\$94.50	\$139.50

## Self-sponsored Individuals

All Singaporeans aged 25 and above can use their SGD 500.00 SkillsFuture Credit to participate in Bootstrap's Develop Self Workshop. For enquiry or registration, please email [peggy.sitoh@bootstrap.com.sg](mailto:peggy.sitoh@bootstrap.com.sg) or call 6592 0024.

Course Fee Funding from SSG is available for self-sponsored individuals. Visit MySkillsFuture website (<https://www.myskillsfuture.gov.sg>) for more information.