

Training Programme Information

Funded under SG Enable Training Grant
Vocational Skills Training

Programme Title	Programme Details	Nett Fee (payable by Trainees)	Duration	Area of Training	Training Provider	Training Provider's Contact
Horizontal Surface Maintenance - Perform Basic Cleaning of Hard Floor Surfaces	This course targets cleaning staff who are working in the Airport Terminals, Offices, Business Buildings and Complexes, Shopping Centres, Residential, Public Transport, Hospitality, Retail, Hawker Centres and Food Courts or anyone who requires the necessary skills and knowledge to perform basic cleaning of hard floor surfaces.	\$75.44	22 hours	Environmental Cleaning	Adepeco Consultants Pte Ltd	admin@adepeco.com.sg
Create Dynamic Website and Online Store / E-Commerce with Photoshop Mastery	Trainees will be able to create and modify website; make a live online store/online shopping/e-commerce; create professional-looking websites for companies; make learners become proficient in using Photoshop to help them in their work which includes design, web creation, photos, newsletter, etc.; be confident in fine-tuning and enhancing photos.	\$94.15	40 hours	Information and Communications	Apps Pte Ltd	9181 9499 contact@intuitioninternational.com
Certificate in Hotel Operations Programme	Trainees will learn skills such as basic F&B skills, housekeeping, stewarding and pre-employment skills.	\$349.89	480 hours	Hotel & Accomodation	Aspire Inclusive Education Pte Ltd	enquiry@theguild.edu.sg
Teaching Assistant Programme	Trainees will learn about the developmental stage of a child, children with special needs, communication skills, working in a team and how to read lesson plans.	\$205.93	480 hours	Others	Aspire Inclusive Education Pte Ltd	enquiry@theguild.edu.sg
Culinary Skills in Baking for Cafes and Production	Trainees will gain culinary skills in baking which will make them employable in the cafe and bakery production sector.	\$134.59	60 hours	Food & Beverages	Aspire Inclusive Education Pte Ltd	enquiry@theguild.edu.sg
Basic Office Digital Skills	Trainees will learn to create Word documents, Spreadsheets and Presentation. They will learn to browse the web and send and receive emails.	\$127.07	120 hours	Information & Communications	Aspire Inclusive Education Pte Ltd	enquiry@theguild.edu.sg
Employability Training (300 hours)	Trainees will be trained in identified areas in hard skills as well as soft skills, such as work habits and behaviours, communication skills, grooming etc. This may include work exposure at actual work sites.	\$320.11	300 hours	Employability Training	Autism Resource Centre (Singapore)	e2c@autism.org.sg
Employability Training (Additional 300 hours)	Trainees will be trained in identified areas in hard skills as well as soft skills, such as work habits and behaviours, communication skills, grooming etc. This may include work exposure at actual work sites. *Applicable for Trainees that are assessed to be not yet job ready, after completion of initial 300 hours of training.	\$249.21	300 hours	Employability Training	Autism Resource Centre (Singapore)	e2c@autism.org.sg
Cloud Desktop Support Engineer - Entry Level I	Trainees will learn to deploy, configure, protect, manage and monitor devices and clients in M365 environment.	\$88.51	35 hours	Information and Communications	Avantus Training Pte Ltd	enquires@avantustraining.com
Cloud Desktop Support Engineer - Entry Level II	Trainees will learn key elements of Microsoft 365 administration: Microsoft 365 tenant management, Microsoft 365 identity synchronization, and Microsoft 365 security and compliance.	\$88.51	35 hours	Information and Communications	Avantus Training Pte Ltd	enquires@avantustraining.com
Cloud Desktop Support Engineer – Intermediate I	Trainees will learn the fundamentals of Microsoft Teams, including Teams capabilities, Teams admin roles and management tools, lifecycle management, features for governance, and available reports to monitor your Teams environment.	\$70.81	28 hours	Information and Communications	Avantus Training Pte Ltd	enquires@avantustraining.com
Cloud Desktop Support Engineer – Intermediate II	Trainees will learn how to manage messaging environment in Microsoft 365, including authentication for messaging, configuring organizational settings, and configuring organizational settings.	\$88.51	35 hours	Information and Communications	Avantus Training Pte Ltd	enquires@avantustraining.com
Cloud Desktop Support Engineer – Advanced	Trainees will learn how to protect their data against theft and accidental loss.	\$70.81	28 hours	Information and Communications	Avantus Training Pte Ltd	enquires@avantustraining.com
Fitness Gym Crew Training Programme	Trainees will learn skills such as: 1. To cater to gym members' need in the gym operation. 2. To maintain a clean, hygienic, and safe environment for gym members by following best practices in cleaning and disinfection.	\$75.00	60 hours	Environmental Cleaning	BGA Inclusive Fitness	Tel: 81882819 Email: admin@bgainclusivefitness.com
Job Application, Resume Writing and Interview Handling Skills Workshop	The Programme will equip Trainees to: Prepare job application and craft resume; Prepare and craft answers to interview questions; Display positive body language and grooming for interview	\$140.00	20 hours	Personal Development	Bizlink Centre Singapore Ltd	info@bizlink.org.sg
Counselling Technique for Telemarketing Officers	Trainees will learn to identify the emotions and needs of callers in tele-marketing conversations, apply effective counselling techniques, overcome communication barriers and manage difficult conversations. They will also use active listening skills, empathy and effective questioning techniques to build rapport and trust with callers, resulting in increased success.	\$119.69	20 hours	Customer Service	Environiche LLP	hello@blendedconcept.com

Training Programme Information

Funded under SG Enable Training Grant
Vocational Skills Training

Programme Title	Programme Details	Nett Fee (payable by Trainees)	Duration	Area of Training	Training Provider	Training Provider's Contact
Thriving, Not Just Surviving: Personal Effectiveness	Trainees will learn to develop strategies for setting and achieving goals; learn time management techniques; develop communication skills; learn stress management techniques; identify and overcome barriers to success.	\$111.73	17 hours	Others	Environiche LLP	hello@blendedconcept.com
Music Instruction Training Programme	The programme contains: - Learning and applying fundamentals to lead and conduct music teaching to other persons with disabilities music learners. - Cross training of music skills on secondary music instruments for Trainees to undertake live music performances in various band set ups.	\$149.05	52 hours	Education and Training	Faith Music Centre Pte Ltd	6354 3406 enquiry@faithmusic.com.sg
Train-and-Place Immersive in Social Media Marketing	The programme aims to prepare and enhance the employability of persons with disabilities through social media marketing.	\$431.37	240 hours (40 days)	Advertising, Sales & Marketing	Hatch Technologies Pte Ltd	hello@hatch.sg
Interpersonal Managing & Communication Skills for Success	This programme will provide a step-up programme for previous HR PSQ and HR CAP Participants, as well as an upskilling programme for those employed; create opportunities for trainees to explore skills-based learning in the digital era and guide, train and place trainees into suitable jobs with HCS' Early Adopters/Partners for a better career path.	\$573.25	192 hours	Administration	Human Capital (Singapore) Pte Ltd	enquiry@hcs.com.sg
Linocut Art Workshop	Objectives for Workshop 1: 1. Trainees will develop skills in handling Lino cut tools safely and effectively. 2. Trainees will develop skills and demonstrate the ability to create designs, transferring sketches to the lino and removing negative areas from their Lino blocks with the required tools. 3. Trainees will attach wooden blocks to their Lino prints to ensure stability and durability. Objectives for Workshop 2: 1. Trainees will learn control paint application techniques to prevent excess ink from affecting the print quality. 2. Trainees will practise applying ink evenly onto Lino block prints using a roller and will transfer their designs onto garments, to ensure precision and quality in the printing process. 3. Trainees will need to heat set the print with an iron for the required time for it to be colour fast and lasting.	\$14.84	7 hours	Design	Ikkilab Private Limited	Tel: 83139323 Email: ikkikidz@gmail.com
Professional Project Management	Trainees will be able to demonstrate professionalism in project management, manage the time, cost, and quality constraints of a project, and execute a project in a structured and strategic approach.	\$75.85	37 hours	Personal Development	Institute of Singapore Project Management Pte Ltd	enquiry@SingaporeProjectManagement.org
Advanced Excel	The Programme will equip Trainees to: Apply advance features to import, format and prepare data ready for analysis; Perform analysis of data using built-in functions, PivotTable, What-If Analysis and visualise results with charts; Collaborate and review workbooks with other users.	\$114.77	24 hours	Information and Communications	James Cook Institute Pte Ltd	enquiry@jci.edu.sg
Data Analytics using Power BI	The Programme will equip Trainees to: Create data visualizations using Power BI Desktop; Understand key concepts and techniques on creating data visualization; Understand data relationships and how linkages are formed; Understand and generate data for forecasting and trends.	\$114.77	24 hours	Information and Communications	James Cook Institute Pte Ltd	enquiry@jci.edu.sg
Image Editing using Photoshop	The Programme will equip Trainees to: Understand the various Photoshop tools and navigate around the interface; Work with image layers and apply styles and effects and blending modes; Select different tools to mask and reveal parts of an image; Edit an image by adjusting brightness, contrast, color balance, removing elements and retouching; Add and format text with text effects, shapes and images; Applying filters to images to create effects.	\$114.77	24 hours	Information and Communications	James Cook Institute Pte Ltd	enquiry@jci.edu.sg
Holistic Café Skills Training Programme	The Holistic Café Training programme is a 110 hrs programme which provides a well-rounded training to prepare learners to work in the F&B industry. The full programme covers seven modules across into four main domains: Workplace Fundamentals, Personal Development, Customer Experience, and F&B Training. This programme will be conducted in 18 days across 6 weeks.	\$700.00	110 hours	Food & Beverages	Move Foreword Pte Ltd	hello@forewordcoffee.com
Fundamentals in Educator Aide Training	Trainees will be equipped with the necessary skills, knowledge and attitude to be an Educator Aide through a customised curriculum that best suit their learning needs.	\$430.00	433 hours	Early Childhood Training	Presbyterian Community Services	ecat@pcs.org.sg

Training Programme Information

Funded under SG Enable Training Grant
Vocational Skills Training

Programme Title	Programme Details	Nett Fee (payable by Trainees)	Duration	Area of Training	Training Provider	Training Provider's Contact
Specialist Training for Educator Aide	Trainees will learn a higher level of knowledge, skills and attitudes to apply & implement good early childhood caregiving practices. It taps on the knowledge that trainees would have acquired during the Fundamentals course (e.g. on how children learn and develop) and extends into how these can be applied in caregiving routines as well as in ensuring the health & safety regulations and SOP are followed.	\$430.00	337 hours	Early Childhood Training	Presbyterian Community Services	ecat@pcs.org.sg
Fundamentals in Eldercare Aide Training	Trainees will be equipped with understanding and knowledge of the eldercare sector; demonstrate ability to maintain the overall hygiene, cleanliness and proper functioning of the centre physical environment and facilities; provide administrative and logistics support for the conduct of active ageing programme and activities at the centre; demonstrate ability to communicate and relate effectively at the workplace; acquire basic skills to work collaboratively in a team.	\$715.90	323 hours	Eldercare Training	Presbyterian Community Services	ecat@pcs.org.sg
Food & Beverage Food Safety Course Level 1 Bridging Programme	Trainees will be equipped with skills and knowledge to prepare them towards successful completion of Food Safety Course Level 1 Bridging Programme	\$65.13	12 hours	Food & Beverages	Project Dignity Pte Ltd	9853 9032 trainer01@projectdignity.sg
F&B Train and Place Programme	Trainees will be equipped with the essential kitchen and service skills to become proficient in a food and beverage setting.	\$865.70	114 hours	Food & Beverages	Project Dignity Pte Ltd	9853 9032 trainer01@projectdignity.sg
F&B Train and Place Bridging Programme	To comply with Progressive Wage Model requirements, trainees undergo the course to upskill themselves to ensure skills are up to date and to remain employable.	\$583.80	112 hours	Food & Beverages	Project Dignity Pte Ltd	9853 9032 trainer01@projectdignity.sg
Micro Job Training (180 hours)	Trainees will be equipped to gain micro job specific technical skills and basic core employability skills needed to sustain the micro job engagement and generalise these skills into the actual work setting.	\$1,058.40	180 hours	Employability Training	Rainbow Centre Singapore	contactus@rainbowcentre.org.sg
Micro Job Training (Extended)	Trainees will be equipped to gain micro job specific technical skills and basic core employability skills needed to sustain the micro job engagement and generalise these skills into the actual work setting. *Applicable for Trainees that are assessed to be not yet job ready, after completion of initial 180 hours of training.	\$352.80	60 hours	Employability Training	Rainbow Centre Singapore	contactus@rainbowcentre.org.sg
F&B Assistant Programme	To equip unemployed persons with disabilities with basic F&B skills to work in F&B outlets.	\$35.43	30 hours	Food and Beverages	Singapore Institute of Hospitality	Tel: 92748177 Email: info@sih.edu.sg
Kitchen Assistant Programme	To equip unemployed persons with disabilities with basic kitchen skills to work in central kitchens.	\$35.43	30 hours	Food and Beverages	Singapore Institute of Hospitality	Tel: 92748177 Email: info@sih.edu.sg
Room Assistant Programme	To equip unemployed persons with disabilities with basic room cleaning skills to work in hotels.	\$35.43	30 hours	Hotel & Accommodation	Singapore Institute of Hospitality	Tel: 92748177 Email: info@sih.edu.sg
Telephone Skills Training	Trainees will be equipped with basic telephone etiquette and maintaining professionalism in handling their enquires.	\$180.78	5 Days (35 hours)	Employability Training	SPD	nur_hidayah@spd.org.sg
Communication Skills Training	Trainees will be equipped with online communication skills to prepare them on maintaining professionalism in handling their enquires.	\$214.41	5 Days (35 hours)	Employability Training	SPD	nur_hidayah@spd.org.sg
Digital Skills Enabling Training	Trainees will be equipped with skills on job search skills, work life transition, managing emotions, resume writing and job interviewing skills through the use of computer and Internet.	\$136.48	3 Days (21 hours)	Workplace IT Skills Training	SPD	nur_hidayah@spd.org.sg
Admin Skills Training	Trainees will be equipped with skills of administrative support including file management, photocopying and scanning of documents.	\$214.41	5 Days (35 hours)	Accounting and Administrative Skills Training	SPD	nur_hidayah@spd.org.sg
ESP Employability Training	Trainees will be equipped with skills that will prepare them for interviews with potential employers and soft skills for employment.	\$116.33	3 Days (21 hours)	Employability Training	SPD	nur_hidayah@spd.org.sg
ICDL Word Processing	Trainees will be equipped with skills on how to create, edit, and enhance standard business documents using Microsoft Word.	\$220.60	5 Days (35 hours)	Workplace IT Skills Training	SPD	nur_hidayah@spd.org.sg
ICDL Spreadsheet	Trainees will be equipped with skills on how to use the basic features of a spreadsheet programme to perform various calculation skills.	\$220.60	5 Days (35 hours)	Workplace IT Skills Training	SPD	nur_hidayah@spd.org.sg
ICDL Presentation	Trainees will be equipped with skills on how to use basic functions to create and manage output of a presentation.	\$220.60	5 Days (35 hours)	Workplace IT Skills Training	SPD	nur_hidayah@spd.org.sg

Training Programme Information

Funded under SG Enable Training Grant

Vocational Skills Training

Programme Title	Programme Details	Nett Fee (payable by Trainees)	Duration	Area of Training	Training Provider	Training Provider's Contact
School Canteen Enclave Training	The Programme will equip Trainees in improving their job competency and prepare them for employment in an F&B setting.	\$141.12	28 hours	Food & Beverages	SPD	nur_hidayah@spd.org.sg
Bake it Work: Baking Basics	Trainees will learn the knowledge and skills to effectively adapt to workplaces as well in basic baking (i.e. making bread, muffins and cookies).	\$154.00	16 hours	Food & Beverages	SSA Culinary Institute Pte Ltd	contact@ssagroup.com
Entrepreneurship & Social Franchising (Foundation Programme)	Trainees will acquire essential skills in starting and managing a café, covering topics such as café operations, location selection and design, menu development and pricing, basic accounting, inventory management, and design thinking for business from an intrapreneurial perspective. The course also introduces key concepts of entrepreneurship and leadership. Exceptional trainees may be given the opportunity to co-own a social franchise outlet.	\$139.50	62 hours	Food & Beverages	Tea Ideas Pte Ltd	Tel: 91556564 Email: jacinta.ong@tea-ideas.com

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
Basic Communication Skills (Level 1)	<ul style="list-style-type: none"> - 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)	<ul style="list-style-type: none"> - 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)	<ul style="list-style-type: none"> - 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)	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - 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
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)	<ul style="list-style-type: none"> - 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

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
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
Lifeskills for Independent Living (Cyber Wellness)	<ul style="list-style-type: none"> - Learners are able to identify and avoid online dangers - Learners are able to practice safe online behaviour for recreational activities - Learners are able to use common online safety features for key transactions 	\$71.40	15 hours	Personal Development	APSN Ltd	Tel: 6708 9867 Email: apsnlearninghub@apsn.org.sg
Lifeskills for Independent Living (Mental Wellness)	<ul style="list-style-type: none"> - Learners are able to identify stress and distress - Learners are able to identify and regulate their own emotions - Learners are able to practice good mental wellness exercises 	\$71.40	15 hours	Personal Development	APSN Ltd	Tel: 6708 9867 Email: apsnlearninghub@apsn.org.sg
Lifeskills for Independent Living (Physical Wellness)	<ul style="list-style-type: none"> - Learners are able to practice good personal hygiene - Learners are able to demonstrate self-grooming skills - Learners are able to identify and prepare healthy meals 	\$75.60	15 hours	Personal Development	APSN Ltd	Tel: 6708 9867 Email: apsnlearninghub@apsn.org.sg
Introduction to Personal Hygiene, Safety and First Aid Course	<ul style="list-style-type: none"> - 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
Styling Spectrum with AI: Cross-Industries Event Styling Mastery for Persons with Disabilities with AI	<ul style="list-style-type: none"> - This program is designed to balance practical skill-building with personal growth, ensuring participants develop both functional and creative abilities through AI-enhanced learning. 	\$50.00	45 hours	Personal Development	ArtSE	91124124 info@artse.sg
Basic Resin Craft with Healthy Living	<ul style="list-style-type: none"> - 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
Critical Soft Skills for Employment: Managing Stress at Work	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - 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	<ul style="list-style-type: none"> - 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

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
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
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

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
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
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.Vlogging 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
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
Building Daily Routines for Independent Living	This 3-day course is designed for adults on the autism spectrum seeking to increase their independence through an authentic and immersive experience focused on essential life skills. Throughout the course, participants will engage in hands-on learning, interactive workshops, and collaborative activities to develop foundational independent living skills. From mastering practical tasks to fostering social connections, each aspect of the program is carefully crafted to empower individuals to thrive in various aspects of community living.	\$143.31	31 hours	Personal Development	Autism Resource Centre (Singapore)	Tel: 6323 3258 Email: qiuquan.tan@autism.org.sg; lina.kam@autism.org.sg

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
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
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: jojoson@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
Manage Kitchen Essentials	This course will empower learners to build essential life skills, enabling them to live and work independently in the kitchen.	\$58.80	16 hours	Food and Beverages	Eduquest International Institute Pte Ltd	info@eduquest.sg
Maintain Food and Beverage Kitchen Environment	This course aims to equip learners with essential skills needed to manage end-of-shift duties in a commercial kitchen to foster independence, enhance job readiness, and promote environmental sustainability and hygiene.	\$51.80	16 hours	Food and Beverages	Eduquest International Institute Pte Ltd	info@eduquest.sg
Maintain F&B Services Standards	This course aims to provide learners with the essential skills to maintain high standards of cleanliness and efficiency in dining and service areas, enhancing the overall guest experience in F&B settings.	\$58.10	16 hours	Food and Beverages	Eduquest International Institute Pte Ltd	info@eduquest.sg
Handle Counter and Take-Away Service	This course aims to empowers learners with the essential skills to manage efficient food packaging and delivery operations, while maintaining quality and ensuring customer satisfaction.	\$53.20	16 hours	Food and Beverages	Eduquest International Institute Pte Ltd	info@eduquest.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
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
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
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

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
Digital Drawing Programme: Showcase your Creativity with a Digital Canvas – Level 1	Discover the realm of artistic expression in our Digital Drawing Program. This program is tailored for beginners and aspiring artists keen to transition their creativity to the digital canvas. Using industry-standard software and digital drawing tablets, participants will learn essential digital drawing techniques. From mastering fundamental strokes to creating intricate digital illustrations, this course offers hands-on experience to bring your artistic visions to life.	\$33.31	16 hours	Design	Make The Change Pte Ltd	Tel: 6337 5449 Email: info@makethechange.sg
Digital Drawing Programme: Showcase your Creativity with a Digital Canvas – Level 2	Discover the realm of artistic expression in our Digital Drawing Program. This program is tailored for beginners and aspiring artists keen to transition their creativity to the digital canvas. Using industry-standard software and digital drawing tablets, participants will learn essential digital drawing techniques. From mastering fundamental strokes to creating intricate digital illustrations, this course offers hands-on experience to bring your artistic visions to life.	\$33.31	16 hours	Design	Make The Change Pte Ltd	Tel: 6337 5449 Email: info@makethechange.sg
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	MJI 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	MJI 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	MJI 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	MJI 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	MJI Training & Consultancy LLP	6443 6601 admin@mijhub.com
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

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
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
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
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
Adaptable Thinking @ Work (AT@Work) Level 1: Relating with Others	This course aims to impart and equip trainees with a voice to express their views, to learn to gather and use information purposefully and meaningfully, and check and judge the sources where information is available and the quality of information to gather.	\$140.00	22 hours	Personal Development	Presbyterian Community Services	Tel: 6334 3151 Email: ispace@pcs.org.sg
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
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
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
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

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
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
Beyond Canvas: Empowering Abilities through Art	Trainees will learn various skills and techniques when exploring with different mediums. The programme seeks to create a supportive community where participants feel valued, respected and understood; Enhance trainees' cognitive abilities such as problem-solving, concentration and decision-making; Develop and refine trainees' artistic skills and techniques.	\$16.76	10 hours	Personal Development	Studiosixteen.co	Tel: 8102 0029 Email: yashini@outlook.com
Music Spectrum - Combined	Trainees will learn skills to be a music producer, an understanding of various music instruments and recording techniques.	\$52.63	16 hours	Broadcasting, Publishing and Media	Timbre Artiste and Academy Pte Ltd	Tel: 8172 5940 Email: awi.rafael@timbre.com.sg
Music Spectrum - Guitar	Trainees will learn an overview of guitar playing styles, techniques and strumming patterns that will also improve their gross motor skills & confidence.	\$30.00	16 hours	Broadcasting, Publishing and Media	Timbre Artiste and Academy Pte Ltd	Tel: 8172 5940 Email: awi.rafael@timbre.com.sg
Music Spectrum - Percussion	Trainees will learn an overview of drumming methods, focus on timing and various movement co-ordination techniques that will greatly enhance their gross motor skills & confidence.	\$30.00	16 hours	Broadcasting, Publishing and Media	Timbre Artiste and Academy Pte Ltd	Tel: 8172 5940 Email: awi.rafael@timbre.com.sg
Music Spectrum - Piano	Trainees will learn precise hand & eye co-ordination protocols, various chord structures, basic fingering methods to understand musical key on piano.	\$30.00	16 hours	Broadcasting, Publishing and Media	Timbre Artiste and Academy Pte Ltd	Tel: 8172 5940 Email: awi.rafael@timbre.com.sg