

# WORK INTEGRATED SKILLS TRAINING (WIST)

## COURSE REGISTRATION FORM (Non-Date Specific)

APPLICANT NAME (as in NRIC)		ALIAS (NAME)	REGISTRATION DATE :
		NRIC	( Previously Attended WIST: Yes / No, Run No: ) CITIZENSHIP (pls circle) SG / SPR / OTHERS :
GENDER Male / Female	DATE OF BIRTH / AGE (dd/mm/yyyy)	HOME ADDRESS	EMAIL if any
RACE			
EMPLOYMENT STATUS (Include Part-time job)		HIGHEST EDUCATION	TELEPHONE Home :  Mobile :
REFERRAL SOURCE (RS)		RS MSW / Social Worker / Others	REHAB COUNSELLOR NAME (IES)

### COURSE TITLE (WIST & JWG)

<input type="checkbox"/> <b>Wellness Management Skills (WM)</b>	<input type="checkbox"/> <b>Peer Support &amp; WRAP</b>
<input type="checkbox"/> Insight Into Mental Health (CP) <input type="checkbox"/> Stress Management (CP) <input type="checkbox"/> Anxiety Management 1 & 2 <input type="checkbox"/> Relaxation Techniques (CP)	<input type="checkbox"/> Recovery and Hope Enhancing Strategies <input type="checkbox"/> Introduction To Wellness Toolbox <input type="checkbox"/> Using the Wellness Toolbox (Daily Plan) <input type="checkbox"/> Identifying Triggers & Early Warning Signs <input type="checkbox"/> Avoiding Crisis & Crisis Plan <input type="checkbox"/> Post Crisis Plan & Your Wellness
<input type="checkbox"/> <b>Employability Skills (ES)</b>	<input type="checkbox"/> <b>Journey To Wellness &amp; Growth (JWG)</b>
<input type="checkbox"/> Career Pathways And Planning <input type="checkbox"/> Job Interview Skills <input type="checkbox"/> Resume Writing (Includes IT Tools) <input type="checkbox"/> Resume Writing (Hands-On)	<input type="checkbox"/> Social Wellness <input type="checkbox"/> Occupational Wellness <input type="checkbox"/> Physical Wellness <input type="checkbox"/> Emotional Wellness <input type="checkbox"/> Environmental Wellness <input type="checkbox"/> Intellectual Wellness <input type="checkbox"/> Spiritual Wellness <input type="checkbox"/> Financial Wellness
<input type="checkbox"/> <b>Personal Effectiveness Skills (PE)</b>	
<input type="checkbox"/> Pathways To Recovery <input type="checkbox"/> Understanding GROW model <input type="checkbox"/> Money Matters (CP) <input type="checkbox"/> Communications & Social Skills At The Workplace 1, 2 & 3 <input type="checkbox"/> Conflict Resolution (CP)	

#### Training Dates

This course runs 5 times a year and for a 6-week duration. You will be assigned to the next available course dates if you are found suitable for the course. IES staff will contact you to provide you with more details.

#### Applicant's Signature and Name

I hereby give my consent to participate in WIST programme and authorise IES to use my personal data, photographs, and video taken during the programme for contacting, publicity and educational purposes.

Date: ( / / )

#### Training Venue

Will be scheduled by rotation at one of the Anglican Care Centre (Bukit Batok, Simei, Yishun or Farrer Park)

#### Training Time (refer to Schedule)

Mon, Tue, Thu: 9.30am to 1pm &  
Fri (with JWG lessons): 9.30am to 3.30pm

#### IES Rehab Counsellor Signature & Name

Date: ( / / )