

CORPORATE BROCHURE

Your Trusted Guide
TO NAVIGATE LIFE



SOJOURNERS
ARK
A JOURNEY
TOGETHER



A SHIP IN THE HARBOUR IS SAFE,
BUT THAT'S NOT WHAT SHIPS ARE BUILT FOR.



FORWARD

Life is like a journey.

As we set sail into the unknown, there may be surprises and setbacks. How do we survive the storms in life?

WE ALL NEED A TRUSTED GUIDE TO NAVIGATE LIFE.

Our Corporate Profile

About Us - Who We Are

Facing rejections, failures and setbacks, dealing with interpersonal crisis whilst coping with life transitions and losses may take a toll on us mentally and emotionally. We need to learn life skills to cope better but often these are not taught formally in school.

With technology now in the palm of our hands, solutions are seemingly a swipe away. Yet, knowledge without understanding is merely string of words drifting through the wind. Beyond knowledge, we need acquire personal mastery targeted to the situations we are facing.

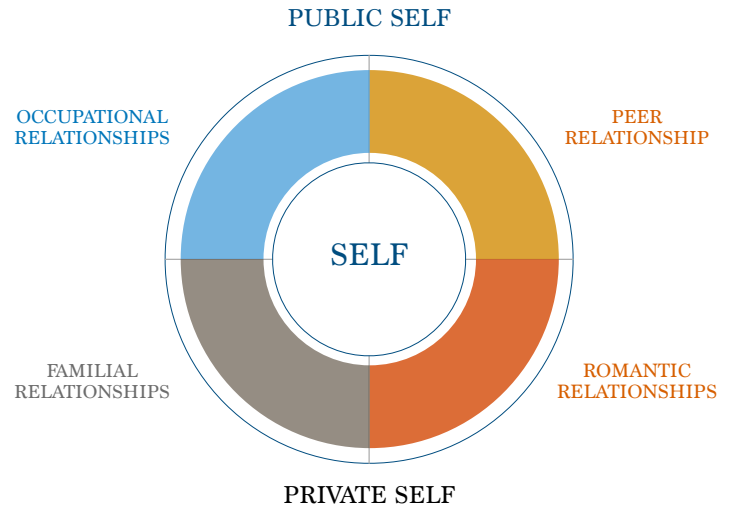
Our mission is to be an aspiring personal development hub that equips individuals, couples and families with knowledge and life skills to thrive in different seasons of life through education and training.



We believe that relationship with self is paramount to one's mental and emotional well-being.

The quality of the relationship we form with ourselves inherently impact our relationships with others. With a healthy sense of self, we are able to build and maintain healthy relationships with others.

Our programmes are designed with a unique emphasis on the 'Relational Self'. Our workshops and webinars focuses on increasing awareness of our private & public self, as well as gaining personal mastery to improve the quality of relationships in four key domains in life: familial, peer, occupational, romantic.



OUR PAST PROGRAMMES

Beating Emotional
Burnout at Work

Mental Wellness &
Emotional Resilience

Boundaries in Healthy
Relationship

Pathways to Work Life
Harmony

Insights on Stress, Anxiety
& Depression

Resolving Differences in
Healthy Relationship

Helping Child Navigate
Through Difficult Emotions

Healthy Attachment in
Romantic Relationship

Our Approach

Our programme content are designed based on best practices and well-researched counselling and psychotherapy theories.

Beyond knowledge, we believe that the process of internalising what we learn is achieved through self-reflections as well as constructive feedback. Our unique emphasis in experiential learning through purposefully planned hands-on activities is crucial for the learning transfer from theory to practical applications that are relevant in real life scenarios.

**Applied
Psychology**

**Reflective
Practice**

**Experiential
Learning**

**Pragmatic
Focus**

Lead Trainer Profile

The training and workshops are designed by Roland Koh, our Lead Trainer.

Roland is a Registered Counsellor and Counselling Supervisor under the Association of Psychotherapists and Counsellors Singapore (APACS). He holds a Master of Arts in Counselling and a Specialist Diploma in Satir Transformational Systemic Therapy.

His years of experience as a counsellor have helped him to gain insights and understanding of the life challenges most individuals struggle with and the know-how of how to overcome them.

As a former Outward Bound Instructor, Roland is experienced in programme design and training delivery, where he is able to shape his course delivery to ensure participants get the most from the experience.



“ I enjoyed the training. The speaker was very open with sharing his personal experiences and has good knowledge to address the various questions raised.”

- JAMIE

Delivered
55+
Workshops &
Webinars

Inspired
1069+
Participants

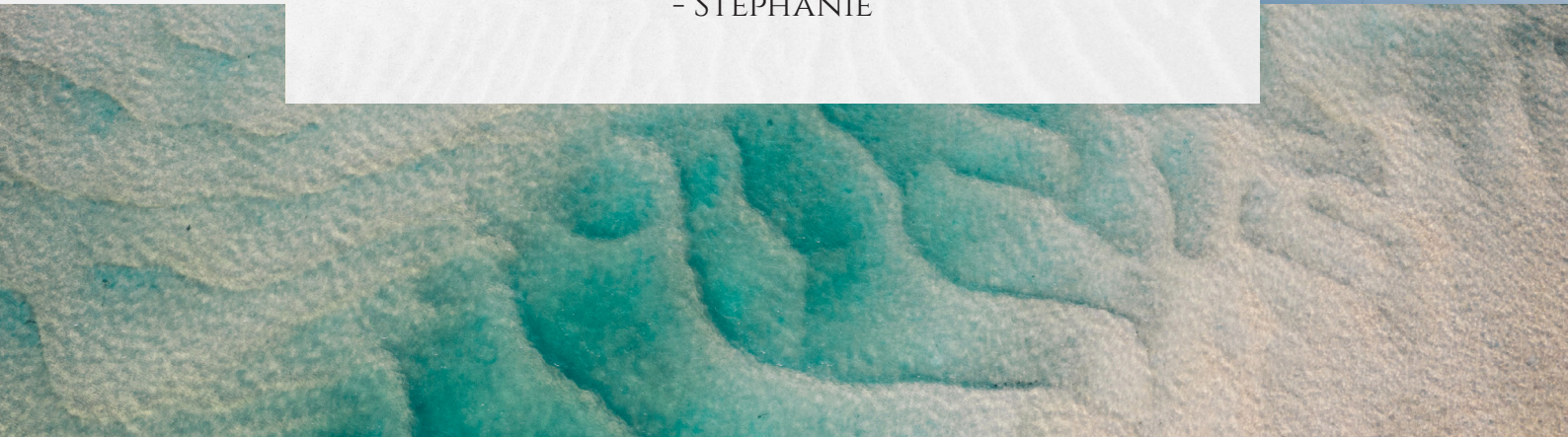
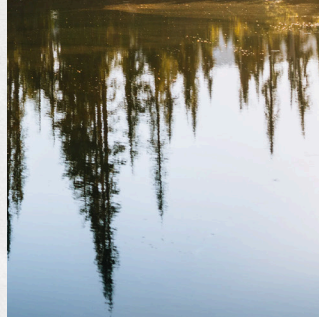
Trainer's
Experience
22+
years &
counting

More details available on our website: www.sojournersark.com



THIS COURSE ENHANCES ME
TO LEARN AND RELEARN MY
COMMUNICATION STYLES AND BEING
ASSERTIVE IN EXPRESSING MYSELF.

- STEPHANIE



Flagship Programme

Experiential Workshop

STRONG HEART STRONG MIND

Guide to Building Emotional Resilience

Our emotions can impact our mental well-being and many aspects of life. This course will help participants gain greater awareness and insights of emotions, learn how to navigate through an emotional crisis and acquire effective coping strategies as well as practical handles to develop emotional resilience.

Who should attend?

Anyone interested in learning more about emotional resilience; Anyone with the willingness to learn how to gain emotional mastery in their relationships with others.

What will you learn?

- Recognise the importance of understanding the emotions that you experience
- Assess and increase your level of emotional self-awareness
- Identify how and why you react to situations with key focus on your emotions
- Learn how to manage your emotions more effectively at work and at home
- Discover how to improve your relationships by gaining insights into the emotions of others





For more information:
www.sojournersark.com



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