

[Webinar] Know Thyself: Self-Awareness for Confidence and Performance



31 May 2022, Tuesday
2.30pm – 5.00pm



*This programme is conducted as a live
webinar.*



No. of Public
CPD Points:
2.5

Practice Area:
**Professional
Skills**

Training Level:
General

About the Programme

This session will equip participants with the skills to understand their personalities and behavioural patterns, triggers and strengths and weaknesses, as well as strategies to anticipate and manage potential risks to their physical, social, and emotional wellbeing. The session will apply various frameworks to enhance self-awareness, and walk participants through exercises to understand where they stand on different aspects of wellbeing, and learn what to focus on moving forward.

Learning Objectives:

- i. Identify one's strengths and weaknesses;
- ii. Learn about individual's strengths in order to lead with confidence;
- iii. Know how to alter your weakness to your advantage.

Programme Outline

Time	Programme
2.00pm – 2.30pm	Registrants to log on
2.30pm – 5.00pm	Know Thyself: Self-Awareness for Confidence and Performance Joachim Lee – Senior Psychotherapist, Promises Healthcare
5.00pm	End

Speaker's Profile



Joachim Lee – Senior Psychotherapist, Promises Healthcare

Joachim is a Senior Psychotherapist and a Singapore Association of Counselling certified Clinical Member and Clinical Supervisor. Joachim first graduated with a Bachelor of Theology from Melbourne College of Divinity in 1998, and moved on to his Master of Social Science (Counselling) from the University of South Australia in 2001. To further enhance his clinical acumen, Joachim completed three years of training in Analytical Psychology under the C.G. Jung Developing Group of the International Association of Analytical Psychology in 2004, and trained in Interpersonal Psychotherapy in 2005. Following this, he trained in Solution Oriented and Inclusive Therapy under its creator, Master Therapist Bill O'Hanlon in 2005. Five years later, in recognition of his expertise in the therapeutic modality, Joachim was endorsed as a trainer in this methodology. Joachim has certifications in the Ericksonian approach to Psychotherapy and Hypnotherapy under Dr Jeffrey Zeig of the Ericksonian Foundation, as well as a Professional Certification in Clinical Hypnotherapy and Psychotherapy from the Australian Institute of Clinical Hypnotherapy. Joachim is also certified as a Trainer of Mental Health First Aid, Australia, and certified as a Gambling Addiction Counsellor.

His clinical experience in assessment and treatment is garnered from 21 years of clinical practice in youth residential care in the National University of Singapore Counselling Centre. He has worked at a residential Home for the Homeless and Alcoholic Women and a Family Service Centre.

Registration Fees

Membership Category	Fees (Inclusive of 7% GST and course materials)
Law Society Member / Employee from small law firm (i.e. 5 or less lawyers)	\$86.67
Law Society Member / Employee from mid or large law firm (i.e. 6 or more lawyers)	\$96.30
SCCA Member	\$144.00
Non-Member	\$160.00

To register, please visit our website at: <https://www.lawsociety.org.sg/CPD-Portal/Law-Society-Events>.
For enquiries, please contact us at cpd@lawsoc.org.sg or 6530 0209.

1. Terms and Conditions

- 1.1 Registration closes on the date as stipulated on the registration page or when all seats are filled.
- 1.2 The registration fee is due and payable upon registration and must be received prior to the programme.
- 1.3 Payment must be made by the closing date stated. Registration will only be confirmed upon receipt of full payment. An email confirming your registration will be sent to the email address provided in your registration, and/or a message confirming your registration will be displayed on the Website. If you do not receive confirmation of your registration within twenty-four (24) hours of your registration, please contact the Law Society CPD team at cpd@lawsoc.org.sg.
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- 2.2 Participant who cancels their registration before the commencement date shall be liable to pay the percentage of the registration fee set out as follows:
 - i. 20 calendar days before commencement date: 25% of registration fee.
 - ii. 8 to 19 calendar days before commencement date: 50% of registration fee.
 - iii. 7 calendar days or less before commencement date: 100% of registration fee.

- 2.3 Participants who cancel their registration without prior payment made shall also be liable to the cancellation fee set out in 2.2. In the event that the payment for cancellation fee is not received despite multiple chasers, a tax invoice will be issued and mailed to your law practice/organisation.
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- 4.3 You agree that any personal information you submit as part of your registration for the programme is accurate and that you have all necessary permissions to submit such personal information.

Admin Note to Singapore Practitioners and s36B Foreign Lawyers in relation to the Mandatory CPD Scheme:

No of Public CPD Points: 2.5
Practice Area: Professional Skills
Training Level: General

Participants who wish to obtain CPD Points are reminded that they must comply strictly with the Attendance Policy set out in the CPD Guidelines. For this activity, this includes logging in at the start of the webinar and logging out at the conclusion of the webinar in the manner required by the organiser, and not being away from the entire activity for more than 15 minutes. Participants who do not comply with the Attendance Policy will not be able to obtain CPD Points for attending the activity. Please refer to <http://www.sileCPDcentre.sg> for more information.