



Vision

Creating a world where people blossom into self-aware, socially responsible, adaptable and compassionate member of society

Purpose

Enabling young people and adults to make informed decisions and rise above adversities in life



WHAT IS RESILIENCE?

Three Domains of Resilience

There is no simple definition for resilience. However, it can be summed up as having a set of Social-Emotional Skills which enables any individual to bounce back from setbacks quickly and thrive in life. Below are three domains of Resilience we teach in Seed Of Lives Resilience Programmes for children, teens and adults to prepare them for an exciting and fulfilling future.



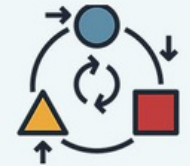
EMOTIONAL MATURITY

- Is able to accurately identify and communicate one's emotions.
- Is able to be self-aware of one's thoughts, feelings & actions.
- Is able to self-regulate emotions and impulses.



SOCIALLY RESPONSIBLE

- Is able to understand how one's actions or inaction impact oneself and others.
- Is able to make informed decisions and respond appropriately to situations.
- Is able to understand root causes of anxieties and stressors and seek support for help.



ADAPTABILITY

- Is resourceful and courageous when facing uncertainties.
- Is optimistic and persevere when facing challenging situations.

We recognized an urgent need for our young people to be equipped with skills to identify/ manage the root causes of stress, so that they can adapt and thrive in spite of uncertain and challenging times. We set up Seeds of Lives, a social enterprise, to reach out, educate and show our young people and their families how resilience muscles, self-awareness and positive communication skills can be developed through a series of fun, interactive and experiential programmes for parent and child.



Programmes overview



Lessons taught in the Play 2 Resilience Programmes are experiential, fun and applicable in daily lives. Your children will learn theories and practical tips on resilience building.

Parents will join our sessions to support their children in this journey to take them through simple daily home practices to put into practice what they have learned.

In the **Emotional Maturity** module, we teach your children how to identify, articulate and communicate their emotions effectively. They will discover meanings of their emotions, how to be curious and relate differently to negative emotions and impulses.

In the **Socially Responsible** module, we will teach your children how to be more accountable for their behaviors through consequential thinking and decision-making process. To aid your children stay focused while studying, we will teach them how to handle unproductive thoughts and actions. They will also learn how to identify root causes of anxieties and stressors and how to actively seek support to overcome them.

In the **Adaptability** module, your children will learn how to be courageous when faced with challenging situations in life. They will learn tools to stay optimistic and reframe any negativities that might hinder their growth.

" With the daily mindfulness practice, Alyssa is better at managing her anxieties and emotions. Especially during her PSLE (exam) preparation "

ANLINNA

Mother of Resilience Programme participant, Alyssa



Photo taken in 2019 - Resilience Programme at International School in Batam

" I learn how to better cope with my emotions in different situations."

17 YEAR OLD POLY STUDENT



Programmes frameworks

Both Resilience programmes (7 to 12 years old and 13 to 18 years old) are developed based on the following robust and time-proven frameworks:

- Mindfulness Based Cognitive Therapy (MBCT) Programme from University of Oxford
- Dot B Mindfulness Programme for School
- Emotional Intelligence
- Positive Psychology

Programme Modules*

(9 x 1 hour online / face to face, weekly / bimonthly sessions)

Emotional Maturity

1. Knowing emotions
2. Sensing emotions in your body
3. Attention Training
4. Curious with emotions

Socially Responsible

5. Cause & Effect thinking
6. Making wise decisions
7. Anxiety, stress & efficiency

Adaptability

8. Befriending difficulties in life
9. Practising Optimism

*Contents are contextualized for two different age groups

Programme Validation



A prospective study of 21 first year students (17 years old) from a Polytechnic in Singapore was conducted from June to August 2016. These students took part in an 8 lessons of emotional intelligence and mindfulness programme called Resilience for Teens over a period of 2.5 months. Each session lasted between 1.5 to 2 hours. The data collected from this trial was analyzed by **Dr Ong Seh Hong (Senior Consultant, Psychological Medicine)** from Khoo Teck Phuat Hospital. 2 startling results stood out. Students are:

- a) Better at managing their stress, peer pressure which leads to less anxiety.
- b) Better at making decision because they can respond wisely to (challenging / stressful) situations instead of reacting to them.

" My quality of sleep has improved."

SARAH, 13
INTERNATIONAL SCHOOL STUDENT

Founder, Seed Of Lives Content Developer | Facilitator

Daniel Yeo, PCC

International Coach Federation
Professional Certified Coach
Mentor, Asian Institute of Mentoring



Daniel Yeo, is the founder of Seed Of Lives and Director of Alive Consultancy (Pte. Ltd.) with global footprints in South East Asia, China and Germany. Daniel is one of the few in Asia certified directly by University of Oxford in Mindfulness Based Cognitive Therapy (MBCT). Daniel works with Organizations in Asia in areas of building trust, team dynamic and resilience. Some of his clients included Meta, DYSON, DELL, Agilent Technologies, Telenor Group, Keppel Land, China, Geely Auto (China), Singapore Ministry of Education and Fudan University (China, Shanghai). Daniel is also a mentor at the Asian Institute of Mentoring.

Trained and Certified



Oxford
Mindfulness
Centre



Co - Founder, Seed Of Lives Media Outreach | Facilitator

Eve Phua

Trained Executive Coach



Eve Phua is the co-founder of Seed of Lives, an entrepreneur and Business Development Director at House of Phua Jade & Jewellery. She has more than 20 years of experience in education, media communications and print industry and had worked in MediaCorp Radio, The Learning Lab, SAFRA, InnoForm Media and Nanyang Technological University (NTU). She was the Programme manager of Confucius Institute, NTU and spearheaded the Children's language and cultural programmes, Adult's Business Chinese and Cultural Programmes for 6 years. Eve graduated from National University of Singapore with an Honours Degree in Arts and Social Sciences and has a Diploma in Diet & Nutrition from ITEC (UK) and a trained Executive Coach.



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