

**RSVP SINGAPORE THE ORGANISATION OF SENIOR VOLUNTEERS
FOR SENIORS 50 YEARS AND ABOVE**

January

<p>REGISTER IN-PERSON AT RSVP Singapore - The Organisation of Senior Volunteers 9 Bishan Place #08-02 Junction 8 (Office Tower) Singapore 579837 Tel: 6259 0802 Email: general@rsvp.org.sg Website: www.rsvp.org.sg</p>	<p>TRAINING VENUE RSVP Singapore - The Organisation of Senior Volunteers 9 Bishan Place #08-02 Junction 8 (Office Tower) Singapore 579837</p>
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Registration from 9am – 5pm and closes 3 days before course start date. For more information call: 6259-0802 from 9am – 6pm.

COURSE ID	COURSE TITLE	DATE / TIME	FEES		
			RSVP Member	Full Price Fee (Non-Member)	NSA Subsidised Course Fee (for seniors 50 years & above)
VLCP-BEV-1EL	<p>101 BEV – Be an Effective Volunteer</p> <p>Course outline:</p> <ul style="list-style-type: none"> • The Fundamentals of Volunteerism • Being an Effective Volunteer • Utilising Available Resources • Understanding the organisation, your rights and responsibilities as a volunteer <p>Learning outcomes:</p> <ul style="list-style-type: none"> • Acquire sound knowledge of what volunteering is about, its importance and purpose • Gain serving attributes and basic management skills • Learn to draw on available resources and assistance 	<p>7 January (Mon)</p> <p align="center">OR</p> <p>24 January (Thu)</p> <p>9.30am - 1.00pm</p>	Subsidised by RSVP	\$60	\$12

You must **read and agree** to the following Terms and Conditions before submitting information to us for course registration.

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Organised by: Supported by:

As part of:



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VLCP-BEF-1EL	<p>102 BEF – Building Meaningful Befriending Relationships</p> <p>Course outline:</p> <ul style="list-style-type: none"> Understanding the fundamentals of Befriending What makes an Effective Befriender Case Study and Action Plan <p>Learning outcomes:</p> <ul style="list-style-type: none"> Understand what Befriending is Understand the benefits of Befriending Acquire the key attributes and skills of a confident and effective Befriender Understand the roles and responsibilities of a Befriender 	<p>10 January (Thu)</p> <p align="center">OR</p> <p>21 January (Mon)</p> <p>9.30am – 1.00pm</p>	Subsidised by RSVP	\$60	\$12

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VLCP-GTT-1EL	<p>103 GTT - Growing Together as a Team for Service</p> <p>Course outline:</p> <ul style="list-style-type: none"> • Elements of an effective team • Interpersonal relationships • Sharing information to develop the team <p>Learning outcomes:</p> <ul style="list-style-type: none"> • Understand what is needed for a team to succeed • Grow team by sharing and receiving information in honest, open and respectful ways 	<p>15 January (Tue)</p> <p>9.30am – 1.00pm</p>	Subsidised by RSVP	\$60	\$12

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VLCP-HAS-1EL	<p>203 HAS - Handling Awkward Situations when Serving as a Volunteer</p> <p>Course outline:</p> <ul style="list-style-type: none"> Awkwardness: Definition and Triggers Stress to Solutions Self-care in Awkward Situations <p>Learning outcomes:</p> <ul style="list-style-type: none"> Understand why we find certain situations awkward Adopt tools to handle awkward situations Do self-care after encountering awkward situations to regain balance 	<p>18 January (Fri)</p> <p>9.30am – 1.00pm</p>	Subsidised by RSVP	\$60	\$12

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VLCP-SL-1EL	<p>402 SL - Developing Servant Leadership for Volunteerism</p> <p>Course outline:</p> <ul style="list-style-type: none"> • What is Servant-Leadership? Understand the concept and application of servant-leadership • Characteristics of a Servant-Leader What are the attributes of a Servant-Leader • Case Study & Development of Action Plans <p>Learning outcomes:</p> <ul style="list-style-type: none"> • Understand the philosophy of Servant-Leadership • Learn the application of servant-leadership in the work environment, how to empower the people they lead • Enable the growth of other Servant-Leaders amongst peers 	<p align="center">29 January (Tue)</p> <p align="center">9.30am – 1.00pm</p>	Subsidised by RSVP	\$60	\$12

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