

True Colours for a *Vibrant Career & Well-being* Workshop

Unlock your potential with Tommy Ng, Nanyang Technological University's Lead Counsellor at the University of Counselling Centre. With 30 years of experience, Tommy combined his expertise as a career consultant, career coach, and counsellor to help students: -

- Clarify your career path aligned with your true colours
- Grow through personalized workshops (career exploration, personality assessments)
- Elevate interactions with essential skills for effective collaboration



Mr. Tommy Ng Siu Yok

Tommy's expertise and compassion will inspire you to: -

- Build emotional intelligence and resilience
- Achieve holistic wellbeing and full potential

So, Breakthrough your Limitations, Ignite your Passion and Soar to New Heights with Tommy's guidance

Date: 6 December 2024

Time: 10:30 a.m. - 12:30 p.m.

Agenda

Time	Activity	Details	Logistics
10:30 - 10:45 a.m.	Introduction	1. Facilitator introduction 2. "Follow Your Inner Heroes to the Work You Love"	PowerPoint Slides
10:45 - 11:10 a.m.	Personality Assessment	Complete questionnaire: toilet break for finished participants	Questionnaire provided
11:10 - 11:15 a.m.	Group Clustering	Cluster formation based on assessment outcomes and attendee numbers	Flip chart, markers
11:15 - 11:45 a.m.	Personality Interpretation	Explore behaviours, stressors, transferable skills; Q&A intervals	PowerPoint Slides
11:45 a.m. - 12:00 p.m.	FAQ & Wrap-up	Group appreciation and compliments on natural talents	