



Personal Sustainability and Effectiveness Workshop for Law Students

(Limited to 30 participants)

As human beings, we all experience times when we feel charged up and stimulated, other times when our energy feels flat, and also times when the only word that seems to describe our state is “stressed!”. What’s going on, and how can we understand ourselves and get to make more intentional choices about the kind of energy and results we want to bring to our lives.

This programme comprises 3 separate modules which introduce insights from neuroscience and research on human consciousness in a practical way to better understand and manage ourselves for more personal sustainability and effectiveness.

These modules will be facilitated by Susan de Silva, NUS Law alumni, former lawyer, certified NeuroTransformational Coach and licenced trainer of this curriculum from BEabove Leadership.

Module 1: The Seven Levels of Effectiveness

This session focuses on one of the fundamental attributes of all life – energy. Where our level of personal energy is has implications for the way we think, feel and act and for the results we get.

In this interactive session, participants will explore a foundational framework for greater self-awareness and self-regulation using the Seven Levels of Effectiveness as a map for understanding how our energies express themselves in our human experience, and what’s going on in our brain.

Participants will have the opportunity to reflect on the different human energies and emotions they experience, and how they can better understand and manage their responses given the different influences, situations and stressors in their lives and work.

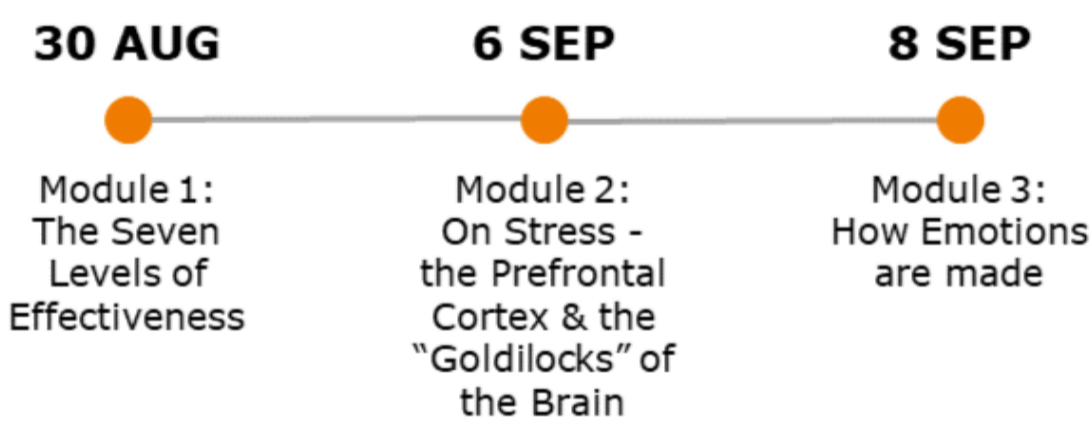
Module 2: On Stress - the Prefrontal Cortex & the “Goldilocks” of the Brain

Participants will learn about the contrasting optimal and sub-optimal impacts of stimulation vs under-stimulation vs stress on the way we think, feel and act, and how to better regulate ourselves towards the “just right” place for greater effectiveness.

Module 3: How Emotions are made

Participants will learn how our brain constructs our emotions, and how we have more agency to choose our emotions than we might think, so that we can have more of the energy and effectiveness we want for ourselves and in our relationships with others.

This session will be interactive, and participants will have the opportunity to walk-through a practical process for shifting their emotions.



Workshop Details:

Module	Date	Time	Venue
Module 1: The Seven Levels of Effectiveness	30 August 2023 (Wednesday)	1:00PM - 3:00PM	Block B, 4th Level, Seminar Room 4-4
Module 2: On Stress - the Prefrontal Cortex & the “Goldilocks” of the Brain	6 September 2023 (Wednesday)	1:00PM - 3:00PM	Block B, 4th Level, Seminar Room 4-4
Module 3: How Emotions are made	8 September 2023 (Friday)	1:00PM - 2:30PM	Block B, 5th Level, Seminar Room 5-4

IMPORTANT NOTE -

1. This workshop is limited to the **first 30 students**.
2. Lunch will be provided for all sessions.
3. **If you register, you will have to commit to attending all 3 sessions.** Confirmed attendance numbers are important to ensure we can continue to attract quality trainers. CFG@Law staff and trainers make extensive preparations for workshops. Please show respect for their time and effort. Many workshops have limited capacity – do not deprive another student of a chance to attend.
4. **Fees of \$150/participant is fully subsidized by the Faculty of Law.** Please note that any student who defaults on attendance without a valid reason after registration will have to bear the cost of the workshop personally.

Register here for Undergraduate & JD students

Register here for LLM students

About the Trainer:



Susan de Silva
Life & Executive Coach

I am a Life and Executive coach and trainer. My approach is neuroscience-informed. I coach and train people who want more clarity on their self-leadership resources, including how they can sustain their energy for more effectiveness, balance and fulfilment. I also deliver training on personal sustainability and effectiveness through better understanding and leveraging the way our thoughts, feelings and actions tie back to our brain.

Before I became a coach, I was a lawyer. I was one of the founding partners of my former law firm Bird & Bird ATMD LLP, and was in legal practice for more than 30 years in Singapore and England until I retired at the end of 2018 to focus on coaching.

While in my law firm, I enjoyed building a number of the firm’s practices, including its Corporate Mergers & Acquisitions practice and APAC Employment Law practice. As a co-founder, head of practice and Managing Partner for some years, I have had to learn about organisational and personal effectiveness, and I continue to learn about effectiveness from the neuroscience perspective.

While still in legal practice, I started training to be a Life coach in 2015 for my own personal growth and also to learn how to have guided conversations that can help people be more self-aware and effective.

My coaching and training qualifications:

- Certified Professional Co-Active Coach with Co-Active Training Institute.
- Associate Certified Coach with the International Coaches Federation.
- Certified NeuroTransformational Coach with BEabove Leadership LLC.
- Licensed trainer of BEabove Leadership’s Neuroscience and Effectiveness curriculum.



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