



@growthcollectivesg
www.growthcollective.sg

FACTSHEET

WHO WE ARE

Growth Collective SG is a group of seven organisations involved in various aspects of the mental well-being and mental health ecosystem, that has banded together to support individuals in various communities.



Our Vision

A world where everyone grows and feels supported.

Our Mission

To run Growth Circles with trained Growth Facilitators in communities to support the growth and well-being of every person.

Our Objective

To provide platforms for individuals to practice people skills, embrace vulnerabilities, and co-create communities for genuine connections and a sense of belonging.

WHAT IS GROWTH?

The key areas of Growth in relation to well-being, backed by psychology and neuroscience research:

| Inwards | Areas of Growth | Outwards |
|---|--|---|
| Awareness Achieving Emotional Awareness | Emotional Establishing Emotional Maturity | Regulation Displaying appropriate response |
| Confidence Learning from Setbacks | Psychological Developing Growth Mindset | Openness Learning and Inspiring one another |
| Acceptance Increasing Self-Esteem | Social Experiencing Positive Relationships | Compassion Supporting the Community |
| Awakening Realising Purpose | Spiritual Discovering Meaning & Motivation | Meaning Celebrating Life |

OUR KEY PROGRAMMES

Growth Circles

A support group that provides psychological safety for participants to improve their mental well-being and people skills, and in the course of it, boost their self-care, relationships and career prospects.

Growth Facilitator Training

A four-day training programme that equips learners with facilitation techniques borrowing from coaching, peer support, psychological first aid, and other people-centric skills; to facilitate Growth Circles and be well-being advocates for their communities.