



TO REACH X-CITING NEW HEIGHTS

WHAT IS X-CITE?

A **free** community-based **well-being** programme by CARE Singapore

9 SESSIONS

2 MENTORS

4-5 MENTEES

18-25 YEARS OLD



WHAT WOULD YOU BE DOING?

**9 X 2 HOURS
IN-PERSON GROUP
MENTORING**

**BIWEEKLY
1 ON 1
CHECK-INS**

**ACTIONS AFTER
EVERY SESSION**

**OPTIONAL
ADDITIONAL
ACTIVITIES**

9 SESSIONS (2 HOURS EACH)

- GROUPS BASED ON SHARED INTERESTS AND CAREER INTERESTS
- SESSION CONTENT IS BASED ON EVIDENCE-BASED WELL-BEING CONTENT - EXPLORING WHAT MATTERS

EXPLORING WHAT MATTERS

MINDFULNESS

HAPPINESS

**WHAT IS IMPORTANT
TO YOU?**

**STRESS
MANAGEMENT**

**PURPOSE/
MEANING**

- SESSION 1, 2 AND 9: AT CARE-PROVIDED VENUE - SATURDAYS AM AND PM
- SESSION 3 TO 8:
 - AT CARE-PROVIDED VENUE - SATURDAYS AM AND PM, OR
 - PUBLIC SPACES - AT GROUP'S CONVENIENCE



TO REACH X-CITING NEW HEIGHTS

START

1

INTRODUCTION

- **LEARN** about your mentors and fellow mentees

2

CHAPTER 1: WHAT REALLY MATTERS IN LIFE

- **LEARN** about what matters to you and about happiness
- **DEVELOP AN ACTION**
that helps you focus on what matters to you

3

CHAPTER 2: WHAT ACTUALLY MAKES US HAPPY?

- **LEARN** about the factors that contribute to happiness
- **DEVELOP AN ACTION**
to enhance your happiness

4

CHAPTER 3: CAN WE FIND PEACE OF MIND?

- **LEARN** about mindfulness and how it can reduce stress, and how to take care of our mental health
- **DEVELOP AN ACTION**
to find a greater peace of mind

5

CHAPTER 4: HOW SHOULD WE TREAT OTHERS?

- **LEARN** about the value of kindness and how it benefits us
- **DEVELOP AN ACTION**
to be kinder to others



6

CHAPTER 5: WHAT MAKES FOR GREAT RELATIONSHIPS?

- **LEARN** how to create meaningful connections with the people around you
- **DEVELOP AN ACTION**
to be vulnerable and to create authentic connections

7

CHAPTER 6: CAN WE BE HAPPIER AT WORK?

- **LEARN** how to create positive experiences at work to increase creativity, productivity and resilience
- **DEVELOP AN ACTION**
to create a happier environment at work

8

CHAPTER 7: HOW CAN WE CREATE A HAPPIER SOCIETY?

- **LEARN** about the benefits of a happier community
- **DEVELOP AN ACTION**
to stay in touch or to connect with the community

9

CLOSING

- **DEVELOP AN ACTION**
to celebrate the growth that you have undertaken



FINISH