

# X-CITE

EMPOWERED HAPPINESS

**EMPOWERMENT FACILITATOR**  
Trained facilitators of  
small-group conversations  
on happiness

**EMPOWERMENT ADVOCATE**  
Be connected with others in  
small groups led by facilitators

## DISCUSS AND EXPERIENCE

MINDFULNESS

HAPPINESS AND  
CONFIDENCE

WHAT IS IMPORTANT  
TO YOU?

AUTHENTIC  
CONNECTIONS

STRESS  
MANAGEMENT

**BE CONNECTED WITH  
LIKEMINDED YOUTHS**  
PAIRED BASED ON SHARED INTERESTS



**17-30 YEARS OLD**

**FREE**

**8 SESSIONS OVER 4 MONTHS**

- 4 X FUN FREE ACTIVITIES
- 4 X DISCUSSIONS

OPTION TO MEET  
ONLINE FOR  
DISCUSSIONS

1 ON 1  
CHECK-INS

BUILD RAPPORT  
AT THE ESCAPE  
ROOM

EXPERENTIAL  
ACTIVITIES: ART,  
SOMATIC YOGA &  
VOLUNTEERING

START NOV 2023

INTRODUCTION – 25 NOV 

• **LEARN**

about your fellow advocates via **escape room activity**

WHAT REALLY MATTERS IN LIFE  
– 16 DEC 

• **LEARN**

about what matters to you through an **art activity**

• **DEVELOP AN ACTION**

that helps you focus on what's important to you

HOW SHOULD WE TREAT OTHERS? ★  
–20 JAN 

• **LEARN**

about the value of kindness and how it benefits us

• **DEVELOP AN ACTION**

to **embody kindness**

CLOSING: HOW CAN WE CREATE  
A HAPPIER SOCIETY? – 17 FEB 

• **LEARN**

about the benefits of a happier community through a **volunteering activity**

• **CELEBRATE THE GROWTH YOU HAVE UNDERTAKEN**

1

★ CAN WE FIND PEACE OF MIND?  
– 18 NOV 

• **LEARN**

about mindfulness through **somatic yoga activity**

• **DEVELOP AN ACTION**

to practice grounding and mindfulness

3

★ WHAT ACTUALLY MAKES US  
HAPPY? – 2 DEC 

• **LEARN**

about the factors that contribute to happiness

• **DEVELOP AN ACTION**

to work on **enhancing your happiness**

4

5

★ WHAT MAKES FOR GREAT  
RELATIONSHIPS?– 6 JAN 

• **LEARN**

what connects you to self and others

• **DEVELOP AN ACTION**

to create vulnerable and authentic connections

6

7

★ CAN WE BE HAPPIER AT WORK?  
– 3 FEB 

• **LEARN**

about positive experiences at work to **increase creativity, productivity and resilience**

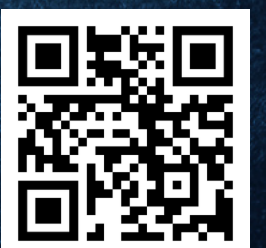
• **DEVELOP AN ACTION**

to create a happier environment at work

8



FIND OUT MORE AT  
[HTTPS://CARE.SG/X-CITE/](https://care.sg/x-cite/)



FINISH – FEB 2024

# Embodied Landscape

## For Advocates



“Embodied Landscape” is a 75 minutes **in-person** workshop thoughtfully crafted and designed to provide a nurturing environment for self-expression, reflection, and inner connection. On this journey, we encourage you to move, pause, and explore your inner landscape through improvisational movement, regardless of your prior experience. Our aim is to help individuals tap into their inner narrative and resources, allowing them to express themselves through movement while receiving support and witnessing their transformative path.

*18 November, Saturday*

*4pm - 5.15pm*

*In-person*

What to Wear/Bring:

1. Comfortable clothing to move in
2. Water bottle
3. Notebooks, variety of writing materials (optional)



### Things to Note for Participant:

1. Please allow some time before the session's start to settle in and prepare yourself.
2. Inform the facilitator or any members of the team if you have any injury or are unwell prior to the start of the session.
3. This workshop is an invitation to try; no movement experience is needed; all you need is to bring yourself and come as you are.



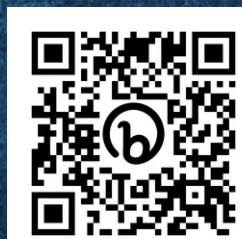
**SIGN UP FOR X-CITE AT**  
**[HTTPS://TINYURL.COM/XCITESG](https://tinyurl.com/xcitesg)**



**INTERESTED IN BUILDING SELF  
CONFIDENCE AND HAPPINESS?**

**JOIN US @ [TINYURL.COM/XCITESG](https://tinyurl.com/xcitesg) AS A...**

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**I ATTENDED 2 SESSIONS –  
HERE IS HOW IT WENT**

We met fortnightly for experiential activities and  
meaningful discussions featuring topics like...

**MINDFULNESS**

**STRESS  
MANAGEMENT**

**HAPPINESS AND  
EMPOWERMENT**

**WHAT IS IMPORTANT  
TO YOU?**

**WHAT MAKES FOR  
GREAT RELATIONSHIPS?**



**I WOULD RECOMMEND THIS  
PROGRAMME FOR PEOPLE WHO ARE:**

- ★ **LOOKING TO CREATE A PURPOSEFUL LIFE**
- ★ **WANTING AUTHENTIC AND MEANINGFUL CONVERSATIONS**
- ★ **BUILD CONFIDENCE TO REACH YOUR PERSONAL  
DEVELOPMENT GOALS**
- ★ **EXPLORING RELATIONSHIP WITH SELF AND OTHERS**
- ★ **INTERESTED IN CREATING A HAPPIER WORLD**