

# Self in System (SIS)

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This is a level 1 course for managers and leaders to better understand themselves and how they show up in their human systems.

SIS is a 4 day training programme that begins with personal awareness in the areas of perception and perspective management, emotional diagnosis and mastery, and introduces the significance of somatic awareness.

The course explores how our personal worldviews, stances, and dispositions contribute to interpersonal dynamics and consequently also add to the complexity innate within any organisational or even family system. We learn how we can have ourselves and others work together, and how the dynamics between ourselves and our systems have a profound impact on the results they produce.

## Extract of Content Covered

A01 Somatics and Archetype  
A02 Emotional Mapping and Linguistic Reconstruction  
A03 Gestalt Cycle of Experience and Resistance  
A04 Change and Transformation through Speech Acts  
A05 Dynamics of Trust  
A06 Presence and Intrapersonal Debt  
A07 Dialogic and Diagnostic System Distinctions

## Programme Fees

The programme cost is SGD \$1,600/pax.  
A resit of this programme is SGD \$640/pax.

For further enquiries, please contact Debra at 87200337 or [info@and.sg](mailto:info@and.sg)

## Programme Details

### Dates

24 March to 27 March 2025

14 July to 17 July 2025

28 October to 31 October 2025

Time: 9am - 6pm

*Optional learning sessions on Day 2, from 7pm to 9pm*

Venue: To be confirmed 1 month before each training run

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## About the Trainer

Tong Yee currently serves as an organisational consultant and trainer, specialising in human system design, managing complexity and systems health. He began his career in serving in the education, social and healthcare sector and has since began consulting for financial institutions, government ministries in Singapore. He is reputed as a thought leader and innovator in these fields. Tong Yee is sought after as an inspiring and innovative public speaker, and trainer. His work spans across curriculum design, organisational design, change management and social innovation. His experience has led him to serve on the Boards and Councils of MCCY, MINDEF, MSF, SMU and NUHS.



OD Consultant  
Lead Trainer/Facilitator  
Intervention Designer  
Curriculum Designer  
Ontological Coach