

Systems and Self (SAS)

This is a level 2 course that focuses on fully understanding and learning how to intervene on the complex group and system dynamics that each of us experience daily - at the workplace, at home or even in broader society.

This is a 5 day training programme that focuses on fully understanding the complex group and system dynamics that each of us experience daily at the workplace, at home or even in broader society. This course is recommended for leaders, professionals and practitioners that need to understand how complexity and tension unfold in a system and how to resolve them.

The course experientially takes participants through a deep understanding of each level of human system and how each level interplays with the other. We learn the theory, models and tools to work with human dynamics - how we can better diagnose what really is happening in our systems, and how leaders or even individuals can more effectively intervene.

'Self in System' is a recommended prerequisite for this level 2 course.

Extract of Content Covered

B01 Systems Awareness & Diagnostics
B02 Container Building & Systems' Intervention
B03 Dialogic Models for Understanding Complex System
B04 Use of Self and Power within Complex Systems
B05 Safety and Inclusion within Complex Systems
B06 Boundary and Energy Management
B07 Diagnosis and Intervention in Dyadic Systems
B08 Leadership in Complex Systems

Programme Details

Dates

18 March to 22 March 2025

17 November to 21 November 2025

Time: 9am - 6pm

Optional learning sessions on

Monday to Wednesday, from 7pm to 9pm

Venue: To be confirmed 1 month before each training run

Programme Fees

The programme cost is SGD \$2,400/pax.

A resit of this programme is SGD \$1,000/pax.

For further enquiries, please contact Debra at 87200337 or info@and.sg

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