

- We often rely on feedback at the workplace to improve ourselves; whether it is feedback from supervisors, peers or stakeholders, we are expected to routinely act on feedback for our professional growth.

- However, do you often feel that your feedback falls on deaf ears?



- Or, worse, have you ever received feedback that left you feeling misunderstood, confused or even frustrated?



- What workplace skills must we cultivate to become more effective at both giving and receiving feedback?

### How do I give and receive feedback?

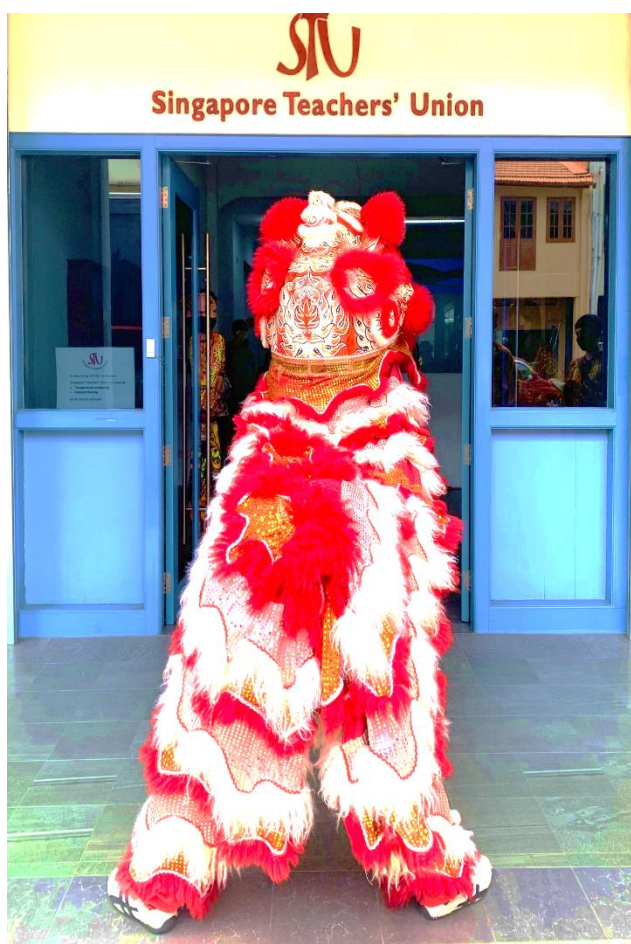
- The STU is proud to bring to you our newest title in the Teachers and Adaptive Skills Webinar Series, 'How do I give and receive feedback?'



- The webinar would draw useful lessons from case studies, as well as insights from the Harvard Business Review article, The Feedback Fallacy, to share different frameworks for giving and receiving feedback :
  - Radical Condor
  - 5R's of Action Feedback
  - Do-Try-Consider
  - Appreciation-Coaching-Evaluation

- Each webinar is \$10 for members, and \$55 for non-members.

- Click [here](#) or scan the QR Code for the schedule and to register.



### Lunar New Year at STU



We wish all STU members a year of vitality and bountiful harvests.

Follow us on social media for updates:



Singapore Teachers' Union



STU\_Telegram



65 6299 3936

583 Serangoon Road, Singapore 218197



## (1) Career Developmental Opportunities and APEX Sharing

## (2) Designing Your Growth Strategy

Date/Day:	10 Mar 2022 / Thursday	Date/Day:	17 Mar 2022 / Thursday
Time:	4 p.m. to 6 p.m.	Time:	4 p.m. to 5.30 p.m.
Description:	<p>The <i>objectives</i> of the webinar are to:</p> <ul style="list-style-type: none"> <li>• create awareness for Education Officers to consider the various career development opportunities available;</li> <li>• encourage officers to be open to pick up new skills and try out new jobs within MOE and beyond;</li> <li>• share the broad APEX application process;</li> <li>• address participants' queries on the various career development opportunities.</li> </ul> <p>The <i>programme</i> would include the following:</p> <ul style="list-style-type: none"> <li>• Briefing by MOE/HR on Career Developmental Opportunities and APEX</li> <li>• Sharing of APEX experiences by union members; our STU member would be sharing her journey applying for secondment at a special needs school via APEX.</li> <li>• Q&amp;A with MOE/HR, moderated by STU and STTU Union Leaders</li> </ul>	Description:	<p>Being in the teaching profession, teachers are viewed as the models of learning and development. However, they may often be too busy with teaching and developing the next generation to pay much attention to their own development! If you are one of them, put aside your work and take some time out for this talk – reconnect to your inner tugs to be the best version of yourself. In this session, reflect on:</p> <ul style="list-style-type: none"> <li>• Mapping your Game Plan on learning development</li> <li>• Tapping on Your Strengths with Positive Psychology Principles</li> <li>• Weakening your Weaknesses with Practice.</li> <li>• Harnessing the Growth Mindset even in the busiest of times – grow yourself even in the midst of exam-marking periods!</li> </ul> <p>The speaker, Ms Shirley Tham, is a career coach, and a former MOE teacher.</p>
To register:	Click <a href="#">here</a> or scan QR Code:	To register:	Click <a href="#">here</a> or scan QR Code:
			
This event is for union members only.		This event is for STU members only.	



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- The value of the sponsorship is as follows:

Singapore Citizens who are eligible for government subsidy.	80% of the total course fee
Singapore Citizens aged 40 and above who are eligible for government subsidy.	92% of the total course fee
Singapore Permanent Residents who are eligible for government subsidy.	60% of the total course fee
Students who are not eligible for government subsidy.	50% of the total course fee

## SUSS-STU Sponsorship

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Protecting and Promoting  
Teachers and Teaching

# VIRTUAL OPEN HOUSE 2022

## Singapore Teachers' Union

### WHEN

**18 MARCH (FRIDAY): 4 – 5PM**

**OR**

**19 MARCH (SATURDAY): 10 – 11AM**

### DO YOU KNOW?

 **The different services that we offer to members?**

 **How we help our members tide over workplace challenges?**

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For new members  
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18 & 19 March  
2022 only



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President



Mr. Mike Thiruman  
General Secretary

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[https://t.me/STU\\_channel](https://t.me/STU_channel)

LOOK HERE

Sign up for STU membership at the Virtual Open House and enjoy these promotions:

- 1 pax: One month free membership
- 4 or more pax signs up as a group: Two months free membership
- All who sign up for membership would receive a Thule Door Gift
- Members who refer colleagues for STU membership (i.e. MGM) would receive \$10 NTUC e-voucher.





Being an STU member couldn't be better with these deals and discounts!

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- Enjoy exclusive discounts up to 48% OFF on selected products from brands such as Apple, DJI, Garmin, Jabra, Logitech, Oppo, Razer, Samsung, Shycocan, Vivo, Yeedi, Zikko
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- **No Promo Code is required**
- **Promo Period:** Till 28<sup>th</sup> February 2022
- **Promo URL:** <https://www.rack85.com.sg/member-exclusive/>
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- **Contact:** 6653 8219

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Source Code: **22F037**    Expiry Date: **31 January 2023**

For appointment, please call **6841 9926** or log on to  
<https://atoswellness.com.sg/22F037/> for e-booking of appointment

Hotline operating hours:  
• Mondays – Fridays: 9:00 am to 8:00 pm • Saturdays: 9:00 am to 2:00 pm • Closed on Sundays and Public Holidays

Terms & Conditions (HQ20220117)  
• Customers are to wear their masks during all treatments except facials. • 1st access will only be permitted for those who are fully vaccinated and 14 days after their 2nd vaccination.  
• Appointments must be made in advance subject to availability. • Applicable to Singaporeans, PRs and Employment Pass holders, aged 21 years and above. • Please present the e-voucher and your NRIC/employment Pass upon appointment. • Strictly first-time clients of Atos Wellness and its associate companies; one service redemption per customer. • Only persons aged 18 years and above shall be permitted to enter and remain in our establishment in accordance with the licensing regulations. • Clients are to arrive 15 mins before the scheduled treatment time. • For the interest of clients with certain medical conditions, selected therapies may not be recommended. • Other studio terms and conditions apply. • The Management reserves the right to vary the terms and conditions without prior notice.

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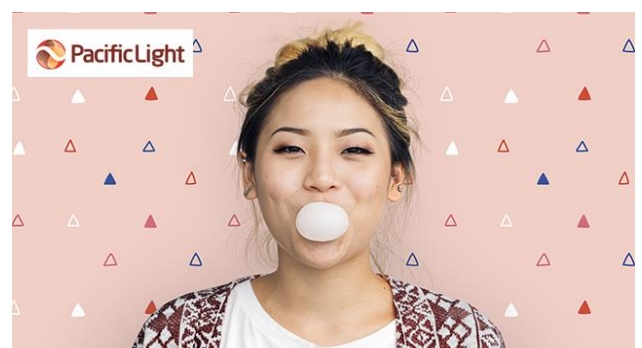
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- **Source Code:** 22F037
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