

Mental Health & Stress Management

26 March 2024 | 9 AM - 5 PM |

Venue: Fragipani Room (Mothers Sanctuary), Level 2, Le Quadri Hotel KL

Overview

In today's dynamic business landscape, organisations face numerous challenges, and it is important for employees to be able to confront these head-on. Issues such as high stress, unhappy workplace environments and personal challenges are some of the main concerns that affect an individual's happiness, productivity and overall performance.

This course is a one-day program that focuses on mental health and stress management for employees. This program will target the root cause of the issues and equip your employees with a unique experience of mental health and stress management activities. It ensures long-term transformative changes, with assessments measuring their current mental health and stress levels.



Your trainer

Madiha Fuad
Founder and CEO of
Plusvibes

Program Objectives

- Importance of Mental Health
- Mindful Strategies: Elevating Workplace Performance
- Life Satisfaction Scale & Workplace Stress Scale
- CBT for Stress Management Workshop
- Personal Resilience Assessment
- Cultivating a Resilient Mindset Workshop

MODULES

Focus Area

Mental Health, Stress Management

Delivery Mode

Assessment, Workshop, Activities

For more information, kindly contact Ridhwan from GHR (Ext 2417) and submit TRF to muhammadridhwan@ucsigroup.com.my