



Cultivating Thriving Minds at Work



Date & Time

25th July 2024
8.00 am - 5.00 pm



Registration Fees

RM 1,200 Per Pax
Inclusive of SST%



Venue

Jasmine & Orchid Room
SCOPE Office

PROGRAMME OVERVIEW

Throughout this course, we will delve into the fundamental aspects of mental health awareness, explore common workplace stressors, and discuss effective coping mechanisms and resilience-building strategies. By understanding the signs and symptoms of mental health challenges, participants will learn how to create a more compassionate and inclusive work environment where individuals feel safe to seek help and support.

OBJECTIVES

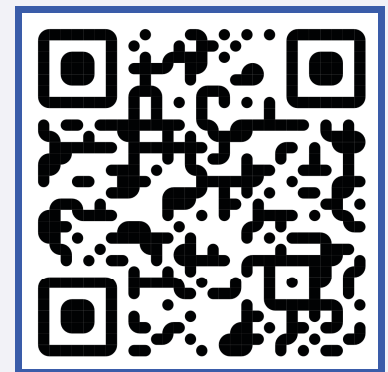
At the end of this course, participants will be able to:

- ✓ Explain the importance of mental health in the workplace
- ✓ Describe the link between mental wellbeing, employee engagement, productivity and organisational success
- ✓ List common workplace stressors and their impact on mental health
- ✓ Recognise the signs and symptoms of stress, anxiety, and depression
- ✓ Elaborate on different coping mechanisms and resilience-building strategies
- ✓ Use practical tools and techniques for managing stress, regulating emotions and fostering positive mental health habits
- ✓ Describe the meaning of supportive work environment
- ✓ Elaborate on effective communication strategies and conflict resolution techniques
- ✓ Analyse ways to promote a culture of wellbeing within the team

Exclusive for GLCs & Private Sector

TARGET AUDIENCE

- Frontliners
- Support Staff
- Junior & Middle Executives



REGISTER NOW!
Before 19th JULY 2024



Contact person

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PROGRAMME AGENDA

TIME	TEACHING TOPIC
8.00 - 8.30 am	Registration
8.30 - 9.00 am	Warm up and Introduction <ul style="list-style-type: none"> • Welcoming Remark • Ice-Breaking and House-Keeping • Course Overview
9.00 - 10.15 am	Module 1 : Understanding What is Mental Health <ul style="list-style-type: none"> • Welcome to BANI World • Introduction to mental health awareness • Importance of mental health in the workplace • Recognising signs of mental health challenges in oneself and colleagues
MORNING TEA BREAK	
10.30 am - 12.00 pm	Module 2 : Identifying Workplace Stressors <ul style="list-style-type: none"> • Common workplace stressors and their impact on mental health • Workload management and time pressure • Interpersonal conflict and communication challenges • Role ambiguity and job insecurity • Technostress and work-life balance
12.00 - 1.00 pm	Module 3 : Positive Coping Mechanisms and Resilience-Building <ul style="list-style-type: none"> • Introduction to coping mechanisms • Stress management techniques: mindfulness, relaxation and breathing techniques • Building resiliences: adaptability, problem-solving and optimism
LUNCH BREAK	
2.00 - 2.30 pm	Module 3 : Positive Coping Mechanisms and Resilience-Building <ul style="list-style-type: none"> • Encourage self-care practices: exercise, nutrition, and sleep hygiene

Remarks: Fee is inclusive of two (2) tea-breaks & one (1) lunch in a day. Organiser reserves the right to make any changes deemed necessary for the best interest of the workshop.

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PROGRAMME AGENDA

TIME	TEACHING TOPIC
2.30 - 4.00 pm	Module 4 : Towards a Supportive Work Environment <ul style="list-style-type: none"> • The role of leadership in promoting mental health • Creating a culture of openness and support • Providing resources and access to mental health services • Peer support networks and employee assistance programs • Strategies for reducing stigma and promoting mental health awareness
AFTERNOON TEA BREAK	
4.15 - 4.45 pm	From Theory to Practice - Group Case Study and Presentation <ul style="list-style-type: none"> • Mental health issues case study • Group presentation, Q&A session
4.45 - 5.00 pm	Summary and Closing <ul style="list-style-type: none"> • Online summative quiz • Prize giving and closing remark
SESSION END	



TELEMACHUS LO, ATP, CCMP, CPM
 MBA (Management), MSc (Learning Sciences)
 Certified Trainer, Coach and Mentor

ACHIEVEMENTS:

Telemachus has conducted training, speaking, coaching and facilitation sessions locally and overseas. He has 25 years of experience in management, human resource, learning and training . His audiences included government officers, managers, executives, community leaders, entrepreneurs, youths, university students and school children.

TERMS AND CONDITIONS

1. SCOPE shall invoice the complete training fee if you fail to attend on the scheduled training day without prior notification.
2. To cancel, notify us via email or WhatsApp at least three (3) working days before the training date to avoid a 50% cancellation fee.
3. You must notify SCOPE in writing of any changes at least one (1) working day before the training date.
4. SCOPE reserves the right to make any necessary changes to the date, trainer, venue, and content of the programme due to unforeseen circumstances, without prior notice.