

MRS MANAGEMENT IN-HOUSE TRAINING LIST 2026



ABOUT MRS

MRS Training Provider is one of the pioneer training organizations in Malaysia, dedicated to delivering high-quality professional development programs. Established in 1989, MRS has amassed over 35 years of experience, building an extensive network of trainers and consultants. This vast expertise enables the organization to offer a comprehensive range of training solutions tailored to meet diverse organizational needs.

MRS is an HRDCorp-approved training provider as well as an ISO-29993 Certified Learning Service Provider. We specialise in customizing training and consultancy solutions for our clients as we believe that every organisation have different challenges.



Our Philosophy.

We believe that every organization is unique, with its challenges, culture, and aspirations. That's why we don't believe in one-size-fits-all solutions. Our philosophy is simple: **listen deeply, understand fully, and design boldly**. We are passionate about crafting customized training experiences that speak directly to our clients' realities.

Our philosophy is rooted in the idea that effective training goes beyond theory — it must be practical, engaging, and tailored to the real needs of the workplace. By combining insight with innovation, we empower people to unlock their full potential and organizations to thrive with purpose.

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Leadership, Management & People Development

- Transformational Leadership
- Leadership Coaching/ Coaching Skills for Leaders*
- Strategic Thinking & Planning
- Design Thinking for Leaders*
- Emotional Intelligence & Leadership
- Effective Supervisory Skills
- Manager/ Executive Development Programme*
- Problem-Solving & Decision-Making
- Leadership Agility: Thriving in Rapid Change*
- Negotiation Skills
- Presentation & Communication Skills
- Mindset Change & Behavioural Transformation
- The Coaching Leader 2.0^
- Leadership Agility & Crisis Communication^
- Leading Hybrid & Multigenerational Teams^
- Critical Thinking for Modern Managers ^
- Building Psychological Safety for High-Trust Teams^

* Signature Courses

^ New courses in 2026

TEAMCRAFT

Crafting High-Performing Teams Through Experiential Learning

- Experiential Team Building
- ExploRace/ Mission Impossible
- Building Effective & Synergistic Teams
- Cross-Department Collaboration Lab
- Core Values Integrated Experiences
 - 5Cs core values
 - Integrity-theme ExploRace
- Team Alignment Program

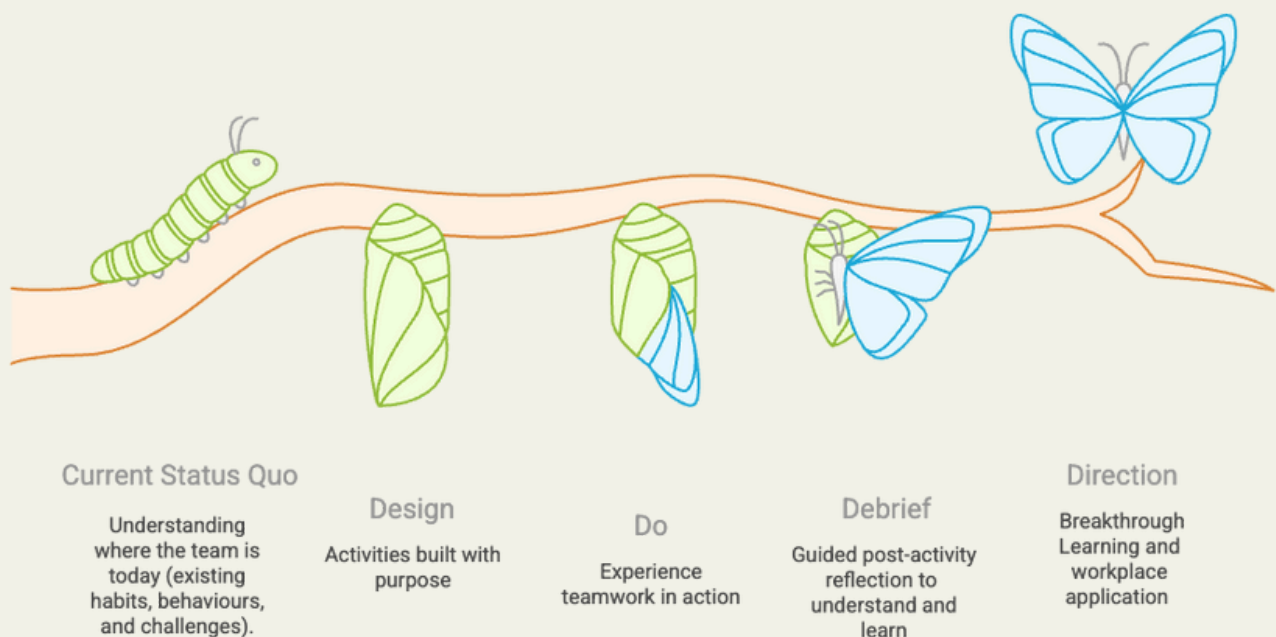
We believe Team Success comes from



*Our Teamcraft Program is highly customizable accordingly to the needs of the client.

Anchored by the **MRS TeamCraft 4D Framework**, our Teamcraft programs mirrors this natural process of change.

MRS TeamCraft 4D Framework



HR, Industrial Relations & Workplace Culture

- HR for Non-HR
- Performance Management & Coaching
- KPI & Goal Setting*
- Handling Misconduct / Disciplinary Actions*
- Domestic Inquiry*
- Sarawak Labour Ordinance*
- Competency-Based Interviewing
- Sexual Harassment Awareness
- Workplace Culture Transformation^
- Digital HR Tools & HR Automation Basics^
- Anti-Bullying, Anti-Toxic Workplace Practices^

Sales, Service & Customer Experience

- Sales Motivation
- Sales Negotiation Mastery*
- Practical Selling Skills
- Customer Service Excellence*
- Branding & Marketing*
- Social Media Marketing
- Digital Sales & Marketing^
- AI in Marketing*
- Enterprise Sales Bootcamp Series*
- Customer Empathy & Experience Mastery^
- Retail Sales Mastery^

* Signature Courses

^ New courses in 2026

SAFE DRIVING SERIES

Effective Defensive Driving & Vehicle Handling Training

- Defensive Driving & Vehicle Handling Competency Program for light vehicles & Heavy Vehicles
- Professional Chauffeur & Driver Etiquette
- Defensive Driving Awareness Program
- Safe Forklift Handling
- Defensive Riding - Motorcycles
- Behaviour-Based Safe Driving Awareness Talks

4x4 Off-Road Driving Skills



- Defensive Driving & Basic 4x4 Off-Road Skills
- Full 4x4 Off-Road Driving Skills
- Introduction and Fundamentals of Handling 4x4 Vehicles



Vehicle Maintenance Skills & Road Traffic Management Systems

- Vehicle Maintenance Skills
- Awareness of ISO 39001 - Road Traffic Safety Management System
- Awareness of MS 2696: 2018 & MS 2697: 2018

Our Safe Driving Series is
recommended and supported by:



Safety, OSH, Chemical & Environmental

- OSH Committee Empowerment*
- EPR & Tabletop Simulation*
- Fire Safety, ERT, HIRARC
- Behaviour-Based Safety
- 5S (under manufacturing/safety)
- CHRA, HAZMAT, SDS
- Environmental Legal Requirements (DOE)
- Waste Management, EMP, EIA
- ISO 45001 Internal Audit Bootcamp*
- Safety Leadership for Supervisors^
- Safety Coaching Workshop^
- Hazard Awareness & Identification*
- Incident & Accident Investigation & Root Cause Analysis*
- Basic Electrical Installation Training
- Water Treatment Training

Manufacturing, Quality & ISO

- Technical Report Writing Skills with AI
- 5S & 7QC Tools*
- ISO 9001 / 14001 / 45001 internal auditor training*
- GMP / HACCP / ISO 22000
- ISO 29001: QMS for Petroleum, petrochemical, and natural gas industries^
- Lean Digitalisation^
- Process Optimization^
- Warehouse Management^

* Signature Courses

^ New courses in 2026

Digital Skills, AI & Tech Enablement

- MS Excel / Word / PPT*
- Data Analytics & Visualization^
- Digital Marketing
- Cybersecurity Essentials*
- AI & Machine Learning Fundamentals^
- ChatGPT & GenAI Productivity for Executives*
- AI-Powered Admin & Operations Skills
- Prompt Engineering for Work
- AI in HR, Finance & Customer Service^
- Power BI for Business Users*
- Understanding Tableau for Presentation^
- AI Policy & Risk Management for Organisations^

Employee Wellbeing & Mental Health at Work

- Stress & Burnout Prevention
- Emotional Resilience^
- Building Psychological Safety*
- Work-Life Integration^
- Mental Health & Stress Management*

* Signature Courses

^ New courses in 2026

Administrative, Secretarial & Clerical

- Effective Filing, Record & Office Management Skills
- Business Writing & Meeting Minutes
- AI in Business Writing
- **MRS Annual Administrative Professionals Conference***
- **Corporate Grooming and Professional Etiquette***
- Time & Stress Management
- **AI Tools for Admin Professionals***
- **Modern Office Productivity (Scheduling, Automation, Digital Docs)^**
- **Professional Business Communication in the AI Era^**

ESG, Sustainability & Green Skills

- Sustainability Reporting Basics
- ESG for Managers
- Waste-to-Value Concepts
- Green Office Practices
- Understanding Sustainability 101

Future Skills for Work

- **Adaptive Thinking in the AI World^**
- **Human Skills in the AI Era^**
- **Collaboration in Digital Workplace^**

*** Signature Courses**

^ New courses in 2026



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