

THRIVE AT WORK: BUILDING MENTAL RESILIENCE & MANAGING STRESS AT WORK

In today's fast-paced business environment, employee mental well-being plays a vital role in organisational success. This program provides practical, evidence-based strategies to manage stress, build resilience, and perform effectively under pressure. Participants will learn to recognise early signs of stress, apply simple techniques to stay focused, and contribute to a supportive and psychologically safe workplace—leading to stronger morale, collaboration, and overall performance.



WHO SHOULD ATTEND

- Team leaders, managers, and supervisors
- Employees managing workplace stress or high workloads
- HR and people managers focused on employee well-being
- Anyone seeking practical strategies to build resilience and thrive at work

LEARNING OUTCOMES

The participants will be engaged in a number of exciting practical modules and exercises which ensures that the information received is well-retained, actionable and remembered long after the course has officially ended. Some of the main learning outcomes include:

- Understand mental health fundamentals and workplace stressors.
- Recognize signs of stress, burnout, and depression in self and colleagues.
- Apply effective stress management strategies (cognitive, emotional, and behavioral).
- Build resilience and adopt positive coping mechanisms.
- Foster a culture of empathy, care, and psychological safety at work.
- Develop personal and team-level action plans for sustainable well-being.

METHODOLOGY

- Interactive session
- Balance of theory + practice
- Mindfulness/relaxation sessions
- Group exercises for engagement



- April 13-14, 2026 | Kuching
- April 16-17, 2026 | Miri
- July 6-7, 2026 | Kuching
- July 9-10, 2026 | Miri

REGISTER NOW! < Scan QR code >



MEET OUR TRAINER:
PROF. DR. BASKARAN K.

Prof. Dr. Baskaran K. is an internationally recognized authority in wellness operations and holistic health, bringing over 25 years of experience to his role as a celebrated thought leader and trainer. Currently serving as the President of the Malaysia Association of Therapist Industry Development, he has held numerous high-level leadership roles and has successfully trained and inspired professionals across 127 countries. An HRD Corp and NIOSH accredited trainer fluent in nine languages, Dr. Baskaran has equipped over 1,000 wellness operators with expertise in mental health, emotional intelligence, and workplace resilience, standing as a global pioneer for transforming well-being into both an art and a science.



WHY TRAIN WITH MRS?

- HRDC Claimable & ISO Certified • Corporate & Government Trusted • Practical & Business-focused • Industry-Expert Trainers

LEARNING MODULES

DAY 1: AWARENESS & UNDERSTANDING

MODULE 1: UNDERSTANDING MENTAL HEALTH & STRESS

- What is mental health?
- Myths vs Facts
 - Workplace Stressors (Pressures, deadlines, isolation, conflicts)
- Differentiating stress, burnout, and depression

MODULE 2: STRESS & THE BODY-MIND CONNECTION

- The science of stress
 - Stress pathways & cortisol cycle
- Burnout symptoms & risk factors
- Identifying early warning signs
- Understanding fight – flight – freeze response

MODULE 3: STRESS MANAGEMENT STRATEGIES

- Cognitive – Behavioural tools for thought management
- Mindfulness and relaxation techniques (guided practice)
- Breathing techniques
- Resilience – building frameworks (growth mindset, reframing challenges)

MODULE 4: PRACTICAL APPLICATIONS & GROUP ACTIVITIES

- Stress mapping exercise (individual reflection)
- Role-Playing activities
 - Handling Stress Triggers at work
- Peer sharing and coping strategies exchange



DAY 2: SKILLS & APPLICATION

MODULE 5: BUILDING RESILIENCE & POSITIVE PSYCHOLOGY

- Understanding and applying growth mindset
- Gratitude Practices
 - Focus on positives
 - Improving emotional balance
 - Reduce Stress
- Optimism & Positive Framing

MODULE 6: STRESS MANAGEMENT TOOLS AT WORK

- Time & Priority Management
 - Eisenhower Matrix
 - Identifying 'time-wasters'
- Mindful communication under pressure
 - Active listening
 - Defuse tense situations
 - Reduce misunderstandings
 - Encourage more respectful communication
- Work – Life Balance/ Integration Strategies

MODULE 7: MENTAL HEALTH FIRST AID APPROACH

- How to support a stressed colleague
 - Types of warning signs
- Active listening & Empathy skills
- Referral pathways

MODULE 8: GROUP WORKSHOP – PERSONAL STRESS MANAGEMENT PLAN

To consolidate learning and empower participants to create actionable, personalized strategies for ongoing stress management and resilience.

- Action plan development
 - Designing personal mental well-being toolkit
 - Realistic commitments
- Peer feedback and Accountability Circles
- Integration & Reflection

INVESTMENT FEE (Per Participant)

EARLY BIRD RATE (EBR)	NORMAL RATE (NR)	WALK-IN RATE (WR)
RM 1980	RM 2180	RM 2380
Registration received and paid one month before commencement of the course	Registration received and paid after the EBR closing date	Registration within 1 week before the program
CLOSING DATE OF REGISTRATION		
EBR: <i>One month</i> before commencement of the course		
NR: <i>One week</i> before commencement of the course		

*The fee is not yet inclusive of 8% SST

The Organiser reserves the right to make any amendments that are deemed necessary in the best interest of the workshop.

Please register me/us for the workshop on

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Do you intend to utilize HRDCorp Levy for this program? **Yes / No**
 Upon submission of this form, I have read and accepted the terms & conditions of this registration

Participant 1 :

Name :
 Position :
 Contact :
 Email :

Participant 2 :

Name :
 Position :
 Contact :
 Email :

Participant 3 :

Name :
 Position :
 Contact :
 Email :

Company :
 Address :

Tel : Fax :

Nominating Person

Name :
 Position :

Approving Person

Name :
 Position :

Invoice Attention to :

Email :

Signature & Company Stamp

Date

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