


HRDC
CLAIMABLE
ISO 29993
CERTIFIED
 Learning Service Provider

 Trusted by Government, GLCs
 & Corporate Organisations

THRIVING UNDER PRESSURE: UNDERSTANDING MENTAL HEALTH & STRESS MANAGEMENT AT WORK



WHAT WILL YOU GAIN


 Master Mental
Health
Fundamentals

 Early Burnout
Awareness

 Apply Real-Time
Stress Relief
Strategies

 Build Workplace
Psychological
Safety

 Create
Actionable
Well-Being Plans

WHY THIS PROGRAMME MATTERS TODAY

In today's demanding workplace, employees are expected to manage heavier workloads, faster changes, and constant pressure while still performing at their best. Without the right coping strategies, stress can affect focus, morale, teamwork, and long-term performance.

This programme equips participants with practical tools to recognise stress triggers, manage pressure more effectively, build emotional resilience, and create healthier workplace habits that support both well-being and sustainable performance.

WHO SHOULD ATTEND

Suitable for employees, executives, supervisors, managers, and team leaders who want to strengthen mental resilience, manage pressure better, and support a healthier workplace culture.

MEET OUR TRAINER

PROF. DR. BASKARAN K


He is a global authority in holistic health and wellness operations with over 25 years of experience. As President of the Malaysia Association of Therapist Industry Development and an accredited HRD Corp and NIOSH trainer, he has trained professionals across 127 countries, equipping over 1,000 wellness operators with practical skills in mental health, emotional intelligence, and workplace resilience.



PROGRAMME SNAPSHOT

10-11 November, 2026
Kuching
2 Days
8.30 am - 5.00 pm

**LIMITED TO
25-30 PARTICIPANTS
PER COHORT**
*To ensure interaction, practice
& trainer feedback*

Reserved Your Seat Today!



WHY TRAIN WITH MRS?

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

PROGRAMME OUTLINE

- 01 UNDERSTANDING MENTAL HEALTH & STRESS**
Identify mental health myths and differentiate between daily workplace stress, chronic burnout, and depression.
- 02 STRESS & THE BODY-MIND CONNECTION**
Understand the biology of the fight-flight response to spot early warning signs of chronic stress.
- 03 STRESS MANAGEMENT STRATEGIES**
Acquire practical cognitive-behavioral tools and breathing techniques to actively build a resilient mindset.
- 04 PRACTICAL APPLICATIONS & GROUP ACTIVITIES**
Engage in hands-on stress-mapping and role-playing to defuse real-world workplace triggers in real time.
- 05 BUILDING RESILIENCE & POSITIVE PSYCHOLOGY**
Apply practical optimism and gratitude habits to improve emotional balance and lower daily stress.
- 06 STRESS MANAGEMENT TOOLS AT WORK**
Master workload prioritisation and mindful communication to effectively de-escalate tense professional situations.
- 07 MENTAL HEALTH FIRST AID APPROACH**
Develop active listening and empathy skills to safely recognise and support a struggling colleague.
- 08 PERSONAL STRESS MANAGEMENT PLAN**
Build a customised, actionable well-being toolkit with peer accountability for sustainable workplace resilience.



PROGRAMME DETAILS



DATE

10-11 November, 2026



TIME

8.30 am - 5.00 pm



VENUE

Kuching

FEE PER PAX

Early Bird Rate (EBR)	Normal Rate (NR)
RM 1980	RM 2380

Early Bird Rate applies for registrations confirmed 30 days before the program date.

**An additional 8% SST will apply*

WHAT THIS FEE INCLUDES

- Full training program as stated
- Participant materials and learning resources
- Practical templates, tools, or checklists
- Certificate of completion
- 2 Tea Breaks & Lunch each day
- HRDCorp claimable documentation support
- Guided action planning for workplace application

HRDC CLAIMABLE COURSE



We are HRDCORP registered training provider.

This course is 100% claimable. Subject to employer eligibility and HRDCorp approval.



**LIMITED SEATS.
REGISTER NOW!**

< Scan QR code >

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