MRS Since 1989

HRDC CLAIMABLE | ISO 29993 CERTIFIED Learning Service Provider

MRS Training Program 2026

Trusted by Government, GLCs & Corporate Organisations

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



Help your team manage pressure better, strengthen resilience and support healthier workplace performance.

REGISTER 2, SECOND SEAT AT 50% OFF

Bring a colleague and build stronger workplace resilience together.

Limited time offer. Secure your places early!

WHAT YOU WILL 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.

DATE
10–11 November, 2026
(2 Days)

TIME
8.30 am – 5.00 pm

VENUE
Kuching

FEE PER PAX
Normal Rate (NR) RM 2,380
Couple Rate RM 3,570
For 2 participants

An additional 8% SST will apply.



MEET OUR TRAINER

PROF. DR. BASKARAN K

A global authority in holistic health and wellness operations with over 25 years of experience. President of the Malaysia Association of Therapist Industry Development and an accredited HRD Corp and NIOSH trainer, he has trained professionals across 127 countries in mental health, emotional intelligence and workplace resilience.

LIMITED SEATS. REGISTER NOW!

Scan QR code or contact us for registrations.

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.

REGISTERED HRD CORP TRAINING PROVIDER

LEARNING SERVICE PROVIDER
SIRIM
CERTIFIED TO ISO 29993:2017
CERT. NO.: 00103

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RM 2,380	**RM 3,570** For 2 participants

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

HRD CORP CLAIMABLE

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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