



PERSEKUTUAN MAJIKAN-MAJIKAN MALAYSIA  
MALAYSIAN EMPLOYERS FEDERATION



HRD Corp Claimable Courses  
No. : 10001488269

# TWO-DAY TRAINING PROGRAM : ENHANCING CORPORATE WELLBEING THROUGH MINDFULNESS AND PSYCHOLOGICAL FIRST AID

**UNLOCK THE POTENTIAL OF YOUR WORKPLACE WITH MINDFULNESS AND PSYCHOLOGICAL FIRST AID TRAINING!**

**JOIN US FOR THIS TRANSFORMATIVE TRAINING AND BECOME A CATALYST FOR POSITIVE CHANGE IN YOUR WORKPLACE!**

## INTRODUCTION

In today's fast-paced corporate environment, mental health challenges are becoming increasingly prevalent. This comprehensive two-day training program is specifically designed for corporate settings, equipping employees and leaders with essential skills in mindfulness and Psychological First Aid (PFA) to foster resilience, wellbeing, and a supportive work culture.

This comprehensive two-day training program ensures that participants not only gain valuable knowledge and skills but also contribute to creating a supportive and resilient organizational environment.

## DAY 1: MINDFULNESS FOR RESILIENCE AND MENTAL WELLBEING

Participants will explore the principles of mindfulness and learn practical techniques to enhance personal resilience and mental wellbeing.

**DATE: 9 & 10 July 2025**  
**TIME: 9.00am – 5.00pm**  
**VENUE: MEF Sabah Training Room, Kota Kinabalu, Sabah**



(REGISTRATION)  
ENHANCING CORPORATE  
WELLBEING THROUGH  
MINDFULNESS AND

<https://forms.office.com/r/332KuSJfWn>

\*The registration link will be closed once the maximum number of participants has been reached.

This day focuses on integrating mindfulness into daily work routines, promoting stress reduction, and improving overall productivity.

Key Learning Outcomes:

- Understand the benefits of mindfulness.
- Develop practical mindfulness techniques.
- Learn strategies for a mindful workplace.

## DAY 2: PSYCHOLOGICAL FIRST AID (PFA) IN CORPORATE SETTINGS

This day covers the principles and importance of PFA, teaching core skills in empathy, active listening, and supportive communication. Participants will gain practical tools for recognizing signs of psychological distress and providing immediate support to colleagues in need.

Key Learning Outcomes:

- Understand the principles of PFA.
- Develop core skills in empathy and active listening.
- Learn techniques for managing crises and providing support.



## SPEAKERS' PROFILES :

### Ko Teik Yen

Mindfulness Practitioner/Clinical  
Hypnotherapist  
Founding Director

Clinical Hypnotherapist & Mindfulness Therapist  
LCCH Pantai Therapy Centre Sdn Bhd  
Kuala Lumpur

Mr Ko is a fully accredited Mindfulness Teacher to teach the UK Breathworks Mindfulness for Health and Mindfulness for Stress courses. He is also trained in the teaching of Mindfulness Based Cognitive Therapy (MBCT), Mindfulness Based Stress Reduction (MBSR) as well as certified to teach Mindfulness. b (Mindfulness in School Project, MiSP). He is also the teaching supervisor for the clinical research programme - Mindfulness in Epilepsy Project - at University Malaya Medical Centre.

Mr Ko is the Founding Director of Asia Mindfulness as well as the LCCH Therapy Centre at Pantai Hospital KL. He is also the author of the book, Parenting 2.0.

He had worked with clients between the ages of 14 - 70 from around the world including America, UK, France, Netherlands, Australia, China, Singapore, and of course Malaysia. Mr Ko had helped clients who suffer from depression, anxiety, and phobias. He had also worked with clients with long-term debilitating chronic pain, cancer survivors, as well as those who suffer from psychosomatic pain.

In his practice, he adopts an integrative approach based on his client's presenting symptoms, lifestyles, available resources, and personal styles and preferences. Hence, the treatment modalities that he used range from present-oriented therapies, such as sensory-somatic psychotherapy, as well as acceptance and mindfulness-based therapies; past-oriented therapies, such as ego-state therapy and inner child healing; and future-oriented therapies, such as solution-focused therapy and clinical hypnosis.

During the therapy, he will help to empower his clients/patients by helping them to develop necessary life skills such as self-awareness and mindfulness, emotional regulation, distress tolerance, and interpersonal effectiveness. This helps them not only learn to cope better with their symptoms, but also to have a fulfilling life.

Mr Ko practises the skills and techniques that he teaches to his clients from how to take care of us to better to how to live a satisfying and fulfilling life.

Ko Teik Yen can speak English, Mandarin, Malay, and Cantonese.

### Assoc. Prof. Dr. Zahari Ishak

Assoc. Prof. Dr. Zahari Ishak is an Educationist and Applied Psychologist from University of Malaya, Kuala Lumpur, Malaysia. He specializes in quantitative research and conducts training for academicians, researchers, educational administrators, teachers and students both public and private sectors in Malaysia and Asia. Apart from that, Dr. Zahari has been keynote, plenary and invited speaker at several international conferences held at New Zealand, Taiwan, Singapore, Indonesia and the United Kingdom. He has published books, chapters in books and articles in many international and local journals.

Dr. Zahari has been a Senior Panel of Assessors for Malaysian Qualifications Agency (MQA) since 2001 in the field of Higher Education, Psychology and Early Childhood Education. Besides that, he is also an external programme assessor for higher education at several public and private universities. He has been a prominent member of Research Evaluation Panel (IRPA and FRGS) at Ministry of Higher Education Malaysia and also an Auditor for Malaysia Research Assessment (MyRA) since 2018.

Dr. Zahari has also been an external and internal examiner in several higher education institutions locally and internationally. With vast knowledge and experience in the field of research, he has supervised over 40 Master students and 12 PhD students to completion.

Dr. Zahari completed his sabbatical in the University of Westminster, London, United Kingdom under Business Psychology Centre from January-October 2016. Besides that, he was also a Visiting Scholar at the School of Foreign Languages and Literature, East China Normal University, Shanghai from October 12, 2014, till March 11, 2015. He also has been appointed as the Head of Department of Educational Psychology and Counselling, Faculty of Education for 4 years.

Currently Dr. Zahari attached to UCSI Cheras Kuala Lumpur, Malaysia as a prominent researcher and academician.

## PROGRAM BENEFITS

For Organizations: Enhanced employee wellbeing, increased productivity, and a positive workplace culture. For Leaders: Improved leadership skills, better crisis management, and stronger personal resilience.

This training program is based on guidelines and best practices from reputable international organizations such as the World Health Organization (WHO), International Federation of RedCross and Red Crescent Societies (IFRC), and the National Child Traumatic Stress Network(NCTSN). By participating, you are ensuring that your organization adheres to globally recognized standards for mental health and wellbeing.

## WHO SHOULD ATTEND

Middle and top management, human resources personnel, appointed member of the safety and health committee and person in charge of OSH

### PROGRAMME - DAY 1

Mindfulness for Resilience and Mental Wellbeing

9.00 am - 9.30 am

- Registration and Welcome
- Participants registration and introduction to the day's agenda
- Ice-breaking session to create a relaxed environment

9.30 am - 10.30 am

- Introduction to Mindfulness
- Definition and history of mindfulness
- Benefits of mindfulness for mental well-being and resilience
- Case studies of mindfulness in corporate settings

10.30 am - 11.00 am

Tea Break

11.00 am - 12.30 am

- Mindfulness Techniques
- Guided mindfulness meditation session
- Techniques for mindful breathing and body scan
- Practice exercises and group discussions

12.30 pm - 1.30 pm

Lunch Break

1.30 pm - 3.00 pm

- Integrating Mindfulness into Daily Work Life
- Strategies for incorporating mindfulness into work routines
- Mindful communication and active listening
- Creating a mindful workplace culture

3.00 pm - 3.30 pm

Tea Break

3.30 pm - 4.30 pm

- Enhancing Resilience through Mindfulness
- The role of mindfulness in stress reduction and resilience building
- Practical exercise for building mental resilience
- Personal resilience plan development

4.30 pm - 5.00 pm

- Reflection and Q&A
- Participant reflections on the day's learning
- Q&A session and closing remarks

### PROGRAMME - DAY 2

Psychological First Aid (PFA) in Corporate Settings

9.00 am - 9.30 am

- Recap and Welcome
- Review of Day 1 and introduction to the day's agenda

9.30 am - 10.30 am

- Introduction to Psychological First Aid (PFA)
- Definition and importance of PFA in corporate settings
- Overview of mental health challenges in the workplace
- Goals and principles of PFA

10.30 am - 11.00 am

Tea Break

11.00 am - 12.30 am

- Recognizing Signs of Psychological Distress
- Common signs and symptoms of psychological distress
- How to identify colleagues in need of support & the Do's and Don'ts
- Case studies and group discussions

12.30 pm - 1.30 pm

Lunch Break

1.30 pm - 3.00 pm

- Core PFA Skills : Empathy and Active Listening
- Importance of empathy in PFA
- Techniques for active listening
- Things to avoid
- Role-playing exercises to practice empathy and active listening

3.00 pm - 3.30 pm

Tea Break

3.30 pm - 4.30 pm

- Communicating Supportively
- Effective communication strategies
- How to approach and talk to a colleague in distress
- Practical scenarios and group activities

4.30 pm - 5.00 pm

- Course Summary and Certification
- Summary of key takeaways
- Participants Q&A
- Distribution of certificates
- Closing remarks





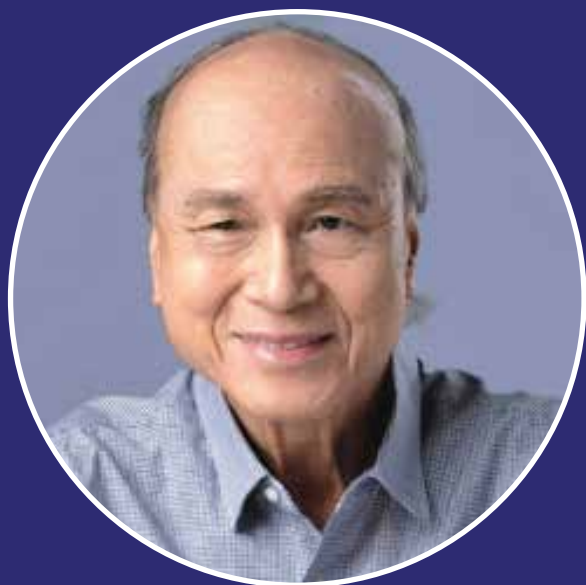
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**“No health without mental health.  
Take charge of your mental health.”**



**Tan Sri Lee Lam Thye  
Chairman and Founder  
Pertubuhan Ikatan Komuniti Selamat**

**INQUIRIES ON REGISTRATION:**

- Malaysian Employers Federation
- [jerson@mef.org.my](mailto:jerson@mef.org.my); [mardiah@mef.org.my](mailto:mardiah@mef.org.my)
- 03 - 7498 7200

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**COURSE FEE**

- HRDC Claimable: RM2,000.00 per participant
- Non-HRDC Claimable: RM1,800.00 per participant

**PAYMENT**

- HRD Corp Claimable Courses Scheme; or
- Direct payment to : Pertubuhan Ikatan Komuniti Selamat
  - o Bank Account No. : 3819507424
  - o Public Bank Berhad
  - o A copy of the transfer slip should be e-mailed to [tnc.ikatan@gmail.com](mailto:tnc.ikatan@gmail.com)
- Any cancellations must be notified via email to

Ms Mardiah at [mardiah@mef.org.my](mailto:mardiah@mef.org.my) or Ms Elize at [tnc.ikatan@gmail.com](mailto:tnc.ikatan@gmail.com) at least 3 days prior to the session. Pertubuhan Ikatan Komuniti Selamat reserves the right to charge full fees for 'No Show'.

**INQUIRIES ON PAYMENT:**

- Pertubuhan Ikatan Komuniti Selamat
- [tnc.ikatan@gmail.com](mailto:tnc.ikatan@gmail.com)
- 016-271 1009