



PERSEKUTUAN MAJIKAN-MAJIKAN MALAYSIA  
MALAYSIAN EMPLOYERS FEDERATION



HRD Corp Claimable Courses  
No. : 10001542261

# 1-Day CULTIVATING MENTAL WELLBEING IN A FRANTIC WORLD For Working Adults Facing Stress and Burnout

**DATE:** 18 November 2025

**TIME:** 9.00am – 5.00pm

**VENUE:** MEF Training Room, Kota Kinabalu, Sabah

## Introduction

*In today's fast-paced work environment, this immersive, experiential day equips participants with mindfulness tools to manage stress, prevent burnout, and foster resilience. Blending theory, practice, and reflection, the program emphasizes actionable skills for immediate use in daily life.*

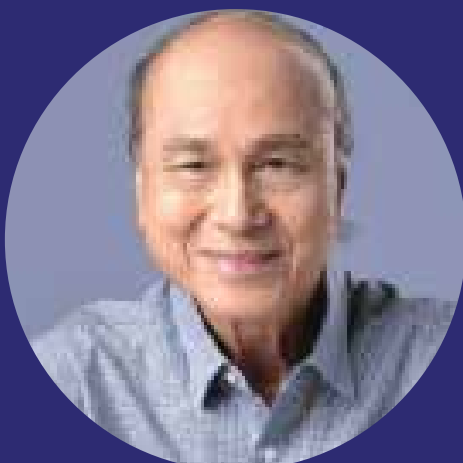
## Objectives

- Reduce stress and anxiety through grounding practices.
- Enhance focus and productivity at work.
- Improve emotional regulation for better decision-making.
- Foster work-life balance via mindful transitions.
- Build long-term resilience against burnout.

## Learning Outcomes:

**By the end of the day, participants will:**

1. Understand mindfulness principles and their role in mental wellbeing.
2. Identify personal stress triggers and early signs of burnout.
3. Apply 5+ mindfulness techniques (breathing, body scan, mindful movement, etc.).
4. Develop strategies to integrate mindfulness into work routines.
5. Create a personalized resilience plan.



**“ NO HEALTH WITHOUT  
MENTAL HEALTH ”**

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



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## TENTATIVE PROGRAMME

### **8:30 AM – Welcome & Introduction**

- Icebreaker: Pair-and-share: “What brings you here today?”
- Mindfulness Overview: Science, benefits, and myths debunked.
- Experiential Activity: 5-minute guided breathing exercise.

### **9:30 AM – Understanding Stress & Burnout**

- Interactive Lecture: Stress cycle, burnout symptoms, and societal pressures.
- Self-Assessment: Identify personal stress triggers (worksheet).
- Group Discussion: “How does stress manifest in your work?”

### **10:30 AM – Morning Tea (Mindful Break)**

- Practice: Mindful tea/coffee drinking (sensory focus exercise).

### **11:00 AM – Core Mindfulness Techniques**

- Breathing Practices
- Body Scan Meditation: Guided session to release tension.
- Skill-Building: How to “anchor” in the present during meetings/emails

### **12:30 PM – Mindful Movement**

- Gentle Yoga/Stretching: 20-minute session for desk workers.
- Walking Meditation: Slow, sensory-focused walk (indoor/outdoor).

### **1:00 PM – Lunch with Mindful Eating**

- Exercise: Eat a meal in silence, focusing on taste, texture, and gratitude.

### **2:00 PM – Cognitive Strategies for Resilience**

- Reframing Thoughts: “STOP” technique (Stop, take a breath, Observe, Proceed).
- Interactive Activity: Role-play stressful scenarios using mindfulness.
- Gratitude Practice: Journaling

### **3:15 PM – Afternoon Tea (Mindful Reflection)**

- Practice: Silent reflection or optional nature walk.

### **3:30 PM – Integrating Mindfulness at Work**

- Action Planning: Design a daily 5-minute mindfulness routine.
- Toolkit: Apps (Headspace, Calm), micro-practices (desk stretches, breath checks).
- Group Brainstorm: “How to set boundaries and unplug post-work.”

### **4:30 PM – Closing & Commitment**

- Reflection Circle: Share one takeaway and personal commitment.
- Q&A: Troubleshooting challenges (e.g., “What if I forget to practice?”).
- Resource Pack: Handouts with techniques, reading list, and follow-up groups.

### **5:00 PM – Program Ends**





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## 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, life stages, 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.

## Course Fee

- HRDC Claimable: RM 1,200/pax
- Non-HRDC: RM 1,000/pax

*\*\*Early Bird Promo: Enjoy RM100 off for registrations confirmed before 31 October*

- **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 [mwb.ikatan@gmail.com](mailto:mwb.ikatan@gmail.com)

- **Any cancellations must be notified via email to Ms Nisa at [khairunnisa@mef.org.my](mailto:khairunnisa@mef.org.my) or Ms Elize at [mwb.ikatan@gmail.com](mailto:mwb.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
- [mwb.ikatan@gmail.com](mailto:mwb.ikatan@gmail.com)
- 016-271 1009

**Registration**  
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**Registration link:**  
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