



PERSEKUTUAN MAJIKAN-MAJIKAN MALAYSIA
MALAYSIAN EMPLOYERS FEDERATION



PERTUBUHAN IKATAN KOMUNITI SELAMAT
ALLIANCE FOR A SAFE COMMUNITY



HRD Corp Claimable Courses
No. : 10001630173

Enhancing Corporate Wellbeing Through Mindfulness and Psychological First Aid

4 & 5 February 2026

Training Centre, Pertubuhan Ikatan Komuniti Selamat

10-09, Menara Ecoworld (formerly known as The Stride), Bukit Bintang City Centre, No. 2, Jalan Hang Tuah, 55100 Kuala Lumpur

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.

WHO SHOULD ATTEND

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



“No health without mental health. Take Charge of your mental health.”

Tan Sri Lee Lam Thye

Chairman and Founder
Pertubuhan Ikatan Komuniti Selamat

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.

INQUIRIES ON REGISTRATION

Malaysian Employers Federation (03-7498 7200)

khairunnisa@mef.org.my

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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. 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.

LEARNING OUTCOMES

By the end of the day, participants will:

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

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COURSE MODULE - DAY 1

Mindfulness for Resilience and Mental Wellbeing

Time	Content
9.00 am - 9.30 am	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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 pm	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • 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	<ul style="list-style-type: none"> • Reflection and Q&A • Participant reflections on the day's learning • Q&A session and closing remarks

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COURSE MODULE - DAY 2

Psychological First Aid (PFA) in Corporate Settings

Time	Content
9.00 am - 9.30 am	<ul style="list-style-type: none">Recap and WelcomeReview of Day 1 and introduction to the day's agenda
9.30 am - 10.30 am	<ul style="list-style-type: none">Introduction to Psychological First Aid (PFA)Definition and importance of PFA in corporate settingsOverview of mental health challenges in the workplaceGoals and principles of PFA
10.30 am - 11.00 am	Tea Break
11.00 am - 12.30 pm	<ul style="list-style-type: none">Recognizing Signs of Psychological DistressCommon signs and symptoms of psychological distressHow to identify colleagues in need of support & the Do's and Don'tsCase studies and group discussions
12.30 pm - 1.30 pm	Lunch Break
1.30 pm - 3.00 pm	<ul style="list-style-type: none">Core PFA Skills : Empathy and Active ListeningImportance of empathy in PFATechniques for active listeningThings to avoidRole-playing exercises to practice empathy and active listening
3.00 pm - 3.30 pm	Tea Break
3.30 pm - 4.30 pm	<ul style="list-style-type: none">Communicating SupportivelyEffective communication strategiesHow to approach and talk to a colleague in distressPractical scenarios and group activities
4.30 pm - 5.00 pm	<ul style="list-style-type: none">Course Summary and CertificationSummary of key takeawaysParticipants Q&ADistribution of certificatesClosing remarks



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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.

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SPEAKERS' PROFILES

Prof. Dr. Zahari Ishak

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.

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Link : <https://forms.office.com/r/Cf3PztesbJ>



COURSE FEE

HRDC Claimable : RM1,600.00 per participant (2 days)

PAYMENT

- HRD Corp Claimable Course scheme; or
- Direct payment to: Pertubuhan Ikatan Komuniti Selamat ; Bank Account No: 3819507424 – Public Bank Berhad

A copy of the transfer slip and invoice number should be emailed to mwb.ikatan@gmail.com .

Any cancellation of attendance must be communicated via email to Ms Nisa at khairunnisa@mef.org.my or Ms Elize at mwb.ikatan@gmail.com at least 3 working days prior to the session. Pertubuhan Ikatan Komuniti Selamat reserves the right to charge the full fees for “NO SHOW”.

Inquiries on Invoices, Payment & Venue

- Pertubuhan Ikatan Komuniti Selamat (Ms Thana / Ms Elize)
- mwb.ikatan@gmail.com
- 016-271 1009

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