



PERSEKUTUAN MAJIKAN-MAJIKAN MALAYSIA  
MALYSIAN EMPLOYERS FEDERATION



PERTUBUHAN IKATAN KOMUNITI SELAMAT  
ALLIANCE FOR A SAFE COMMUNITY



HRD Corp Claimable Courses  
No. : 10001542261

# Cultivating Mental Wellbeing in a Frantic World

16 March 2026

MEF Training Room, Petaling Jaya

## 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:

- 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.



**“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 & VENUE

Malaysian Employers Federation (03-7498 7200)

[khairunnisa@mef.org.my](mailto:khairunnisa@mef.org.my)

[musfirah@mef.org.my](mailto:musfirah@mef.org.my)



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## COURSE MODULE

Time	Content
8.30 am Welcome & Introduction	<ul style="list-style-type: none"> <li>Icebreaker: Pair-and-share: "What brings you here today?"</li> <li>Mindfulness Overview: Science, benefits, and myths debunked.</li> <li>Experiential Activity: 5-minute guided breathing exercise.</li> </ul>
9.30 am Understanding Stress & Burnout	<ul style="list-style-type: none"> <li>Interactive Lecture: Stress cycle, burnout symptoms, and societal pressures.</li> <li>Self-Assessment: Identify personal stress triggers (worksheet).</li> <li>Group Discussion: "How does stress manifest in your work?"</li> </ul>
10.30 am Morning Tea (Mindful Break)	<ul style="list-style-type: none"> <li>Practice: Mindful tea/coffee drinking (sensory focus exercise).</li> </ul>
11.00 am Core Mindfulness Techniques	<ul style="list-style-type: none"> <li>Breathing Practices</li> <li>Body Scan Meditation: Guided session to release tension.</li> <li>Skill-Building: How to "anchor" in the present during meetings/emails.</li> </ul>
12.30 pm Mindful Movement	<ul style="list-style-type: none"> <li>Gentle Yoga/Stretching: 20-minute session for desk workers.</li> <li>Walking Meditation: Slow, sensory-focused walk (indoor/outdoor).</li> </ul>
1.00 pm Lunch with Mindful Eating	<ul style="list-style-type: none"> <li>Exercise: Eat a meal in silence, focusing on taste, texture, and gratitude.</li> </ul>
2.00 pm Cognitive Strategies for Resilience	<ul style="list-style-type: none"> <li>Reframing Thoughts: "STOP" technique (Stop, take a breath, Observe, Proceed).</li> <li>Interactive Activity: Role-play stressful scenarios using mindfulness.</li> <li>Gratitude Practice: Journaling</li> </ul>

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Time	Content
3.15 pm Afternoon Tea (Mindful Reflection)	<ul style="list-style-type: none"><li>Practice: Silent reflection or optional nature walk.</li></ul>
3.30 pm Integrating Mindfulness at Work	<ul style="list-style-type: none"><li>Action Planning: Design a daily 5-minute mindfulness routine.</li><li>Toolkit: Apps (Headspace, Calm), micro-practices (desk stretches, breath checks).</li><li>Group Brainstorm: "How to set boundaries and unplug post-work."</li></ul>
4.30 pm Closing & Commitment	<ul style="list-style-type: none"><li>Reflection Circle: Share one takeaway and personal commitment.</li><li>Q&amp;A: Troubleshooting challenges (e.g., "What if I forget to practice?").</li><li>Resource Pack: Handouts with techniques, reading list, and follow-up groups.</li></ul>
5.00 pm	<ul style="list-style-type: none"><li>Program Ends</li></ul>

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## SPEAKER'S PROFILE

**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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## REGISTRATION

Link : <https://forms.office.com/r/qddPn39HJ9>



## COURSE FEE

RM1,000.00 per participant (HRDC Claimable)

## 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](mailto:mwb.ikatan@gmail.com) .

Any cancellation of attendance must be communicated 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 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

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

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