



Mind Matters: Promoting Mental Wellness at Work

26 AUG 2025 | 9.00AM - 5.00PM | MEF ACADEMY TRAINING CENTER

In today's fast-paced work environments, mental health is more important than ever. This foundational training equips working professionals with essential knowledge and practical tools to recognize, understand, and support mental well-being in the workplace.

Participants will explore key topics including an introduction to mental health, common mental challenges and disorders, how to identify signs of poor mental health, and strategies to manage stress and burnout. The course also emphasizes the power of active communication in creating a more supportive, empathetic workplace culture.

Whether you're an employee, team leader, or manager, this course provides a crucial first step toward fostering a mentally healthy and productive workplace!

Who Should Attend

- HR Professionals
- Managers & Executives
- Team Leaders & Supervisors
- Workplace Wellness Champions

Learning Outcomes

1. Understand the basics of mental health and its relevance in the workplace
2. Identify common mental health challenges and warning signs of poor mental well-being
3. Recognize the impact of stress and burnout, and apply strategies to manage them
4. Communicate effectively and empathetically at the workplace
5. Contribute to creating a supportive and mentally healthy work environment

RM 1000

(Price Inclusive of 8% SST)

Course fee is HRDC Claimable

Course Registration



<https://forms.office.com/r/ym9nzGrYvq>



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Course Structure

Time	Agenda
8.30AM	Registration
9.00AM	Course Introduction + Ice Breaking
9.30AM	Module 1: Understanding Mental Health
10.45 AM	Morning Break
11.00AM	Module 2: Stigma & Myths Surrounding Mental Health
12.00PM	Module 3: Signs & Symptoms of Poor Mental Health
1.00PM	Lunch Break
2.00PM	Module 4: Clocked In, Stressed Out
3.00PM	Tea Break
3.15PM	Module 5: Promoting Mental Wellness In & Out of Work
4.15PM	Module 6: Effective Communication
5.00PM	Q&A + Summary

Trainer Profile

Mr. *Loh Kok Cheong (Kent)* is an accomplished mental healthcare practitioner with over a decade of experience in the field of psychology, counselling and corporate wellness. He is a licensed counsellor under Lembaga Kaunselor Malaysia (LKM) and a HRDC accredited trainer. Mr. Loh has a strong background working in both public and private sectors as an educator, in-house counsellor, motivational speaker and trainer. Throughout his career, he has been committed to driving growth and excellence whilst advocating for a positive workplace culture. His proficiency includes conflict resolution, stress management and conducting wellness programs at an organizational level. Currently, Mr. Loh is focused on cultivating a healthy, safe and supportive work environment where employees can shine and organizations can meet their strategic goals.



Kent Loh

(KB10016, PA09646)