



MENTAL HEALTH AT WORK: A BEGINNER'S GUIDE (WEBINAR)

11 FEB 2026 | 9.00AM - 1.00PM | ONLINE (MS TEAMS)

Course Overview

Mental Health at Work: A Beginner's Guide is an introductory course designed to build awareness and understanding of mental health in the workplace. The training equips participants with foundational knowledge to recognize common mental health challenges, understand their impact on well-being and performance, and adopt practical strategies to support themselves and others. Through simple concepts and real-world examples, participants will learn how to foster resilience, reduce stigma and contribute to a healthier, more supportive work environment.

Who Should Attend

- HR Personnel
- Managers & Team Leads
- Executives
- Workplace Wellness Champions

Learning Outcomes

- Explain the basic concepts of mental health and its importance in the workplace.
- Identify common signs and symptoms of poor mental health in themselves and others.
- Apply practical strategies to improve work-life balance and support overall mental well-being.

Course Registration :



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

RM400*

(Price Inclusive of 8% SST)

HRDC Claimable*

Course Structure

Time	Agenda
8:30am - 9:00am	<ul style="list-style-type: none">RegistrationCourse Introduction / Ice breaking
9:00am - 10:00am	MODULE 1: <ul style="list-style-type: none">Introduction to Mental & Emotional Wellbeing
10:00am - 10.15am	Break
10.15am - 11.00am	MODULE 2: <ul style="list-style-type: none">Identifying Symptoms of Poor Mental Health
11.00am - 12.00pm	MODULE 3: <ul style="list-style-type: none">Work-Life Balance for Greater Productivity
12.00pm - 1.00pm	Group Discussions & Conclusion

Trainer Profile



KENT LOH
(KB10016, PA09646)

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.

