



# SEXUAL HARASSMENT & MENTAL HEALTH AT THE WORKPLACE

13 AUG 2026 | 9.00AM - 5.00PM | MEF ACADEMY

## Course Overview

This one-day program equips participants with essential knowledge and practical awareness on preventing sexual harassment while promoting mental wellbeing at work. Participants learn to recognize inappropriate behavior, understand their roles and foster a respectful work culture. This training includes a **bonus module that provides an expert-led overview of the latest amendments to the Penal Code, including key updates on workplace bullying**. The subsequent segment of the training highlights the importance of psychological well-being and practical approaches to cultivate a safe, healthy and productive workplace culture. Participants are introduced to various types of workplace mental health challenges, along with practical methods to identify and effectively address these issues

## Who Should Attend

- Departmental Managers
- HR Personnel
- Leaders & Supervisors
- Wellbeing Personnel

## Learning Outcomes

- Understand the concept, forms and impact of sexual harassment at work and the responsibilities of employees and employers in preventing it.
- Recognize the importance of mental health and psychological safety to promote a supportive work environment.
- Apply practical approaches to promote respectful behavior and support mental well-being

## Course Registration :



**RM1,000\***

(Price Inclusive of 8% SST)  
HRDC Claimable\*

<https://forms.office.com/r/Vu9gekc5W3>



adminmefa@mef.org.my



03-7498 7242 / 016 - 254 1844

## Course Structure

Time	Agenda
9.00AM	Course Introduction + Ice Breaking
9.30AM	Definition & Identifying Sexual Harassment at Work
10.30 AM	Morning Break
10.45 AM	Types of Sexual Harassment & Consequences
11.15 AM	Understanding Workplace Bullying & Legal Framework
12.30 PM	Lunch
1.30PM	Understanding Mental Health at work
2.30 PM	Stigma & Myths Surrounding Mental Health
3.30 PM	Tea Break
3.45 PM	Signs & Symptoms of Poor Mental Health
4.15 PM	Promoting Mental Wellbeing In & Out of Work
5.00 PM	Training Ends

## Trainers' Profile



Sarawathi Ravindran, Senior Principal Consultant - IR with more than 20 years' experience focuses predominantly on Employment laws, Industrial Relations and Labor Laws in Malaysia. She is a graduate with an LLB Hons from University of Northumbria UK and also has successfully completed the Certificate in Legal Practice and Masters of Law (UKM). . She assisted many companies in reviewing their handbooks, employments agreements and policies.

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.

