



# MIND MATTERS: MASTERING MENTAL STRENGTH IN A DEMANDING WORLD

26 MAR 2026 | 9.00AM - 5.00PM | MEF ACADEMY, PJ

## Course Overview

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, recognize signs of poor mental health as well as strategies to manage stress and burnout. The course further emphasizes the power of active communication in creating a more supportive 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

- Executives
- Managers
- HR Personnel
- Workplace Wellness Advocates

## Learning Outcomes

- Understand the basics of mental health and its relevance in the workplace
- Identify common mental health challenges and warning signs of poor mental well-being
- Recognize the impact of stress and strategies to manage it
- Communicate effectively and empathetically at work
- Contribute to creating a supportive and mentally healthy work environment

## Course Registration :



<https://forms.office.com/r/2zPP2SBGKm>

**RM1,000\***

(Price Inclusive of 8% SST)

HRDC Claimable\*

## Course Structure

Time	Agenda
8.30AM	Registration
9.00AM	Course Introduction + Ice Breaking
9.30AM	Topic 1: Introduction to Mental Health
10.45 AM	Morning Break
11.00 AM	Topic 2: Stigma and Myths Surrounding Mental Health at Work
12.00 PM	Topic 3: Recognizing Signs of Declining Mental Health
1.30PM	Lunch Break
2.00 PM	Topic 4: Stress Less, Achieve More
3.00 PM	Tea Break
3.15 PM	Topic 5: Promoting Mental Wellbeing In & Out of the Office
4.15 PM	Topic 6: Effective Communication at Work
5.00 PM	Q&A + Summary

## 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 work culture. His proficiency includes conflict resolution, stress management and conducting wellness programs at an organizational level. Currently, Mr. Loh is focused on cultivating psychological safety at work so employees can shine and organizations can meet their strategic goals.



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