



Empathy & Mental Wellness for Leaders

18 NOVEMBER 2026 / 9.00AM - 5.00PM /
MEF ACADEMY TRAINING CENTER

Course Overview

The 'Empathy and Mental Wellness for Leaders' training equips participants with the knowledge and skills to foster both personal and team wellbeing. Participants will explore the fundamentals of mental health at work, learn to recognize stress, burnout and other detrimental challenges in themselves and their teams. The program emphasizes empathetic leadership, helping leaders build emotional resilience, strengthen connections and lead with compassion while maintaining professional boundaries. Participants will also develop practical strategies for managing workplace conflicts while simultaneously fostering a psychologically safe and supportive work culture.

Who Should Attend

- Managers
- HR Personnel
- Team Leaders & Members
- Health & Safety Officers

Learning Outcomes

- Identify & manage signs of stress, burnout and other mental health concerns at work
- Apply counselling techniques to support colleagues respectfully and empathetically
- Gain knowledge of mental health tools, resources and professional networks
- Manage crisis and challenging conversations using practical strategies to de-escalate the situation

Course Registration :



<https://forms.office.com/r/HQWzM32sKD>



Course Structure

Time	Agenda
8.30AM	Registration
9.00AM	Course Introduction + Ice Breaking
9.30AM	Topic 1: Foundations of Human Psychology & Mental Wellbeing
11.00 AM	Morning Break
11.15 AM	Topic 2: Identify & Address Mental Health Struggles in the Team
12.30 PM	Lunch Break
1.30PM	Topic 3: Stress Management Skills & Resiliency for Leaders
3.00 PM	Tea Break
3.30 PM	Topic 4: Fostering Healthy Workplace Dynamics
4.30 PM	Summary + Q&A Session
5.00 PM	Session Ends

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.

