



Mind Matters: Promoting Mental Wellness at Work

| 9.00AM - 5.00PM | IN-HOUSE

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



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