

# Take Care our Mental Health (Mandarin)

31 July 2024 (9am - 5pm)

RM 850 (per pax)  
include SST

**CLICK HERE**



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Venue: MEF Academy, 3A03, Block A, Pusat Dagangan  
Phileo Damansara, Jalan 16/11, Seksyen 16, 46350 Petaling  
Jaya

# Overview

A good mental health can increase our work productivity. We should learn how to deal with our stress. The 1-day program aim to let participants know what is stress and how they can help their self.

## Course Outline

**Module 1 – Understand our Stress**

**Module 2 – Stress response and Stress hormone**

**Module 3 – Activate our Happy Hormones**

**Module 4 – Tips of Self-Help**

## Methodology

- Slide
- Activity
- Discussion
- Video

## Facilitator

**Mr Lim Chan How** is a Certified Trainer issued by Human Resource Development Fund (HRDF) and holds a Bachelor Degree in Psychology from University Tunku Abdul Rahman (UTAR). He has experience as a speaker with the National Service and has worked as Customer Service Executive at Samsung Malaysia Electronics (SME) Sdn. Bhd.