

Take Care our Mental Health (Mandarin)

27 June 2024
(10am - 12pm)

Venue: Online – MS Teams



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Overview

A good mental health can increase our work productivity. We should learn how to deal with our stress. The 2 hours session will let participants know what is stress and how they can help their self.

Course Outline

Module 1 – Understand your Stress

- Identify the sources of stress
- Impact of work stress
- Learn and know our stress response
- Stress Hormone

Module 2 – Tips of Self-Help

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.