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

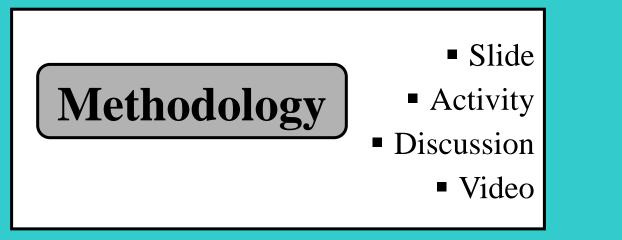
Overview

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.



Module 1 – Understand our Stress Module 2 – Stress response and Stress hormone Module 3 – Activate our Happy Hormones Module 4 – 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.