



**FMM INSTITUTE**

(C10626805080/ 199901000527/ 475427-W)

Centre for Professional Development



# Optimizing Employees Productivity through Stress Management



## INTRODUCTION

In today's fast-paced and highly competitive business environment, employees are constantly faced with increasing demands, tight deadlines and rapid organizational changes.

This course has been developed to build awareness and understanding of workplace stress, its causes and its effects on individual and organizational performance. It explains practical strategies for managing stress, fostering resilience, and creating a supportive work environment that enables employees to perform at their best.

## WHO SHOULD ATTEND?

- HR Professionals
- Supervisors and Team Leaders
- Middle and Senior Management
- Business Owners and Entrepreneurs
- Employees Across All Functions
- Aspiring Leaders and Professionals



All cancellations must be made in writing. There will be no charge for cancellation received 7 or more working days before the start of the programme. Cancellation received 5 working days before the start of the programme is subjected to a cancellation fee of 50% of the course fees. Cancellation received 3 working days and below before the start of the programme is subjected to cancellation fee of 100% of the course fees. If the participant fails to attend the programme, the full course fees are payable. However, replacement can be accepted at no additional cost.

## ADMINISTRATIVE DETAILS

Date : **May 28-29, 2026**  
(Thursday-Friday)

Time : **2 Days (9:00 am - 5:00 pm)**

Venue : **FMM Institute, Johor Branch**  
**No. 1 & 3, Jalan Kencana Mas 1/1,**  
**Tebrau Business Park III,**  
**81100 Johor Bahru, Johor**

Fees : **RM 1,215.00 (FMM Member)**  
**RM 1,350.00 (Non member)**  
The fee inclusive Service Tax at 8%  
(SST No: W10-1901-32000105)

Closing Date : **May 14, 2026 (Thursday)**

Training Provider : **FMM Institute Johor**  
**MYCOID: 475427W\_JOHOR**



## CONTENTS

- >>> Introduction
- >>> Definition of Stress
- >>> Importance of Managing Stress in the Workplace
- >>> 2 Types of stress
  - Eustress Positive
  - Characteristics of Eustress
  - Examples of Eustress
  - Distress Negative Stress
  - Characteristics of Distress
  - Examples of Eustress
  - Conclusion: Balancing Eustress and Distress
- >>> Causes of Stress
- >>> Effect of Stress
- >>> Managing Stress by :
  - Stress Management
  - Organization change
- >>> Conclusion
- >>> Summary of Key Points

1. Interactive Lectures
2. Case Studies
3. Group Discussions and Brainstorming
4. Workshops and Hands-On Exercises
5. Feedback and Reflection

METHODOLOGIES

### FACILITATOR

**Jacky Chan Chee Kiong** - An accomplished Senior Management professional with over 30 years of experience partnering with top management and country leadership teams. Expertise in developing and implementing strategic and operational interventions for multinational companies, focusing on translating business objectives into innovative and practical solutions. Proven ability to design and deliver impactful training programs across diverse industries, fostering leadership, enhancing productivity, and ensuring compliance with organizational policies.



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## OPTIMIZING EMPLOYEES PRODUCTIVITY THROUGH STRESS MANAGEMENT

MAY 28 - 29 , 2026 | VENUE: FMM INSTITUTE, JOHOR BRANCH

FMM Institute (475427-W)  
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Please tick accordingly:

Fees:  FMM Member: RM 1,215.00/pax  
(inclusive of 8% Service Tax (SST No: W10-1901-32000105))

Non Member: RM 1,350.00/pax  
(inclusive of 8% Service Tax (SST No: W10-1901-32000105))

Dear Sir/Madam,  
Please register the following participant (s) for the above programme:  
(To be completed in BLOCK LETTERS)

1.Name:	IC No:	Nationality:
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Designation:	Email:	Mobile No.:
-----	-----	-----
2.Name:	IC No:	Nationality:
-----	-----	-----
Designation:	Email:	Mobile No.:
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(if space is insufficient, please attach a separate list)

### Disclaimer

Registration is on a first-come first-served basis. All cancellations must be made in writing. There will be no charge for cancellation received 7 or more working days before the start of the webinar. **Cancellation received 5 working days** before the start of the webinar is **subject to a cancellation fee of 50%** of the webinar fees. **Cancellation received 3 working days and below** before the start of the webinar is **subject to a cancellation fee of 100%** of the webinar fees. **If the participant fails to attend the programme, the full webinar fees are payable.** However, replacement can be accepted at no additional cost. The FMM Institute reserves the right to change the speaker, reschedule or cancel the webinar and all efforts will be taken to inform participants of the changes.

### We hereby confirmed that (please tick accordingly):

- We will be claiming under **HRD CORP CLAIMABLE COURSES** and full payment would made to FMM Institute in the event that no disbursement from HRD Corp under any circumstances.
- I (self-sponsor) / We will **NOT BE CLAIMING** under **HRD CORP CLAIMABLE**. Payment will be made to the account payee **FMM Institute** by cheque or bank transfer to **Maybank Account No. 501280056601**.  
**Tin No. : C10626805080**  
**BRO No. : 475427-W**  
**SST No. : W10-1901-32000105**

### Submitted by:

Name: \_\_\_\_\_ Email: \_\_\_\_\_

Designation: \_\_\_\_\_ Tel No: \_\_\_\_\_ Moblie No: \_\_\_\_\_

Company: \_\_\_\_\_ Address: \_\_\_\_\_

Tin No. : (Company Tax Number) \_\_\_\_\_ Business Registration No. (New/Old) \_\_\_\_\_ SST No (If Applicable): \_\_\_\_\_

Company Stamp & Signature: \_\_\_\_\_ Date: \_\_\_\_\_