



MENTAL HEALTH AWARENESS WITH EFFECTIVE STRESS MANAGEMENT



Objectives

- Understand the concept of stress and target stressors in work and life
- Leverage on positive stress and manage negative stress
- Identify the causes of stress and its effects on performance, health and happiness
- Recognize stress symptoms and physical, mental and emotional reactions
- Manage the effects of stress in the workplace and improve your response towards stress

Course Outline

- 9.00am - 10.45am - Understanding Stress for better Mental Health
- How Do You Currently Manage Your Stress?
- 10.45am - 11.00am Coffee Break
- 11.00am - 1.00pm - Positive versus Negative Stress affects Mental Health
- The effects of negative stress mentally, emotionally and physically
- 1.00pm - 2.00pm Lunch
- 2.00pm - 3.45pm - The Four Common Types of Stress in the Workplace
- Growth versus Fixed mind-set
- 3.45pm - 4.00pm Coffee Break
- 4.00pm - 5.00pm - Stress Management and Coping Techniques
- Assessing the work/life balance wheel
Wrap Up

Who Should Attend

This workshop is valuable for anyone who wants to raise their awareness of their personal stress levels and manage stress their stress more effectively. It is applicable to anyone who is experiencing the effects of stress or who wants to develop personally and professionally in creating life/work balance. This workshop also applies to managers and team leaders who oversee others and function in stressful environments, providing them with practical, personalised ways to manage workplace stress.

Trainer

MR MOHAMMED SALIM, has 17 years of strong experience in the services and retails industry. His experience in the field of marketing, training, management and strategy is profound and rooted in deep hands on experience and always inspiring and elevates the mind. He likes to destroy calcified negative Mental Models with facts and he has done it many times in the past, present and in the future. He is passionate about Culture, Mental Models and the nature of Thought and Mind. Salim is a voracious reader. He likes flamenco music for its sheer passion and energy. His motto in life is do what you can with what you have, where you are! Besides English and Malay Language, he speaks French, Urdu, and Indonesian language too.

Course Detail

Date

November 12, 2025

Fees

RM 756 FMM MEMBER
RM 864 NON-MEMBER

Venue

COURTYARD BY MARRIOTT
MELAKA

Call us for more info



06-283 1639



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siew_kim@fmm.org.my



REGISTRATION FORM

MENTAL HEALTH AWARENESS WITH EFFECTIVE STRESS MANAGEMENT

Date: November 12, 2025
Time: 9.00 am - 5.00 pm

Venue: COURTYARD BY MARRIOTT MELAKA

Registration due date: November 5, 2025

Please register the following participant for the above program:
(To be completed in BLOCK LETTERS)

SBL-KHAS Approval No: 10001601871

Please tick accordingly:

Fees: ☐ **FMM Member: RM756.00 per pax**

☐ **Non Member: RM864.00 per pax**

(Fees inclusive of 8% Service Tax, Certificates, training notes & meals)

1.	Name	Designation	Email
	Nationality	NRIC	Mobile No.
2.	Name	Designation	Email
	Nationality	NRIC	Mobile No.
3.	Name	Designation	Email
	Nationality	NRIC	Mobile No.

We hereby confirmed that (please tick accordingly):

☐ **We will be claiming under SBL-KHAS Scheme and full payment would made to FMM Institute in the event that no disbursement from HRD Corp under any circumstances.**

☐ **We will NOT BE CLAIMING under SBL-Khas Scheme. Payment will be made to account payee FMM Institute by cheque or bank transfer to Maybank Account No. 5540 2626 8256**

Submitted by:

Name	Designation	Email
Tel	Fax	Mobile No.
Company	Date	
Address		
Company Stamp & Signature		

- Terms and Conditions**
- Registration is on a first-come first-served basis.
 - All cancellations must be made in writing.
 - Cancellation received 7 – 14 working days before the start of the class is subject to a cancellation fee of 50% of the training fees.
 - Cancellation received 6 working days and below before the start of the class is subject to a cancellation fee of 100% of the training fees.
 - If the participant **fails to attend** the programme or **less than 75% attendance**, the **full training 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 programmes and all efforts will be taken to inform participants of the changes.