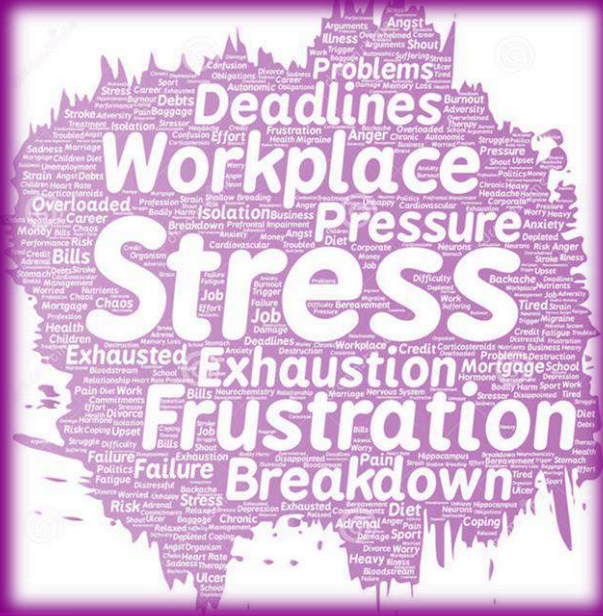




Course Serial No.: 10001153397

FMM BUSINESS BEST PRACTICES WEBINAR

How to Enhance Positive Mental Health at Workplace



- February 23, 2022
Wednesday
- 9.00am – 1.00pm
- Zoom

The National Health and Morbidity Survey (NHMS) conducted by the Ministry of Health Malaysia in 2015 revealed that the prevalence of mental health problems among those 16 years and above is 29.2%. 1 in 3 Malaysians have mental health issues, with highest prevalence among those aged 16-19 years as well as those from low income families.

Concerns over mental health have become more prevalent during Covid-19 pandemic. With the pressure to stay employed in a weakened economy, many people are experiencing mental health issues at the workplace. This situation enhances employers' responsibilities in encouraging positive mental health of their employees.

Why Human Resources Directors, Managers and Executives should attend this Webinar

- Be informed on employees' mental health rights, supportive environment and challenges in building a mentally healthy workplace;
- Learn how to use a practical mental health assessment tool; and
- Understand the necessary preparation to have mental health conversations with employees.



FEDERATION OF MALAYSIAN MANUFACTURERS

FMM BUSINESS BEST PRACTICES WEBINAR

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February 23, 2022 (Wednesday) • 9.00am – 1.00pm

Platform
Zoom

Time	Topic & Speaker
9.00 am	What are the Employees' Mental Health Rights in Malaysia <i>Mr Joel Prashant</i> <i>Senior Associate</i> <i>Shin Associates</i>
9.45 am	Supportive Environment and Common Challenges in Building a Mentally Healthy Workplace <i>Puan Ruzita binti Mohd Shariff</i> <i>Technical Expert, Education and Training Department</i> <i>National Institute of Occupational Safety & Health (NIOSH)</i>
10.30 am	Workplace Mental Health Assessment Tool <i>Cik Farah Azlin</i> <i>Clinical Psychologist</i> <i>Naluri</i>
11.10 am	5-minute break
11.15 am	How are You? How to Conduct Mental Health Conversations with Employees? <i>Mr Gary Yap</i> <i>Founder & Director of MY Psychology, and</i> <i>Clinical Psychologist at MY Psychology Center</i>
12.00 pm	Question & Answer Session <ul style="list-style-type: none">• <i>Ms Jessie Tan, Managing Partner, Shin Associates</i>• <i>Mr Joel Prashant, Senior Associate, Shin Associates</i>• <i>Puan Ruzita binti Mohd Shariff, Technical Expert, Education and Training Department, National Institute of Occupational Safety & Health (NIOSH)</i>• <i>Cik Farah Azlin, Clinical Psychologist, Naluri</i>• <i>Mr Gary Yap, Founder & Director of MY Psychology, and Clinical Psychologist at MY Psychology Center</i>
1.00 pm	End of Webinar

The organiser reserves the right to amend the programme in the best interest of the event.

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Speakers' Biodata

Ms Jessie Tan
Managing Partner
Shin Associates



Jessie graduated from the University of Sheffield (UK), with Bachelor of Law and obtained her Certificate in Legal Practice prior to commencing practice as an advocate and solicitor of the High Court of Malaya.

Jessie's expertise and forte lies in the field of intellectual property and general commercial and corporate law as well as employment law, with a special focus on the application of these laws to technology, media and telecommunications (TMT) industries. Throughout her practice, she has been involved in corporate and commercial transactions across various industry sectors. In particular, she has advised, drafted documentation and crafted bespoke solutions for clients in these industry sectors, advised on policies, procedures, best practices, and advised on regulatory matters for clients (both foreign and local).

Mr Joel Prashant
Senior Associate
Shin Associates



Joel graduated with a Bachelor of Law (Hons) from the University of Wales, Aberystwyth and obtained his Certificate in Legal Practice prior to commencing practice as an advocate and solicitor of the High Court of Malaya.

Joel has significant experience in civil litigation, employment, corporate, commercial, technology, media and telecommunications (TMT), intellectual property, and data protection law, amongst others. Throughout his practice, he has advised clients on employment matters and assisted in the review and preparation of a wide variety of employment policies, procedures, and documentation for multifarious clients in various sectors. In particular, Joel has advised and assisted clients with various employment-related issues brought about as a result of the Covid-19 pandemic, including but not limited to retrenchment exercises, town halls with employees, and work-from-home arrangements.

Puan Ruzita binti Mohd Shariff
Technical Expert, Education and Training Department
National Institute of Occupational Safety & Health (NIOSH)



Ruzita binti Mohd Shariff is currently one of the Technical Experts in the Department of Education and Training, NIOSH. Her fields of specialisations are learning and development, environmental health and public relations.

In 2000, she graduated in Bachelor of Applied Science (Environmental Health) in Flinders University of South Australia and in 2004, Masters of Medical Science (Community Health) from Universiti Kebangsaan Malaysia.

She joined NIOSH in 2004 as an executive in the Information Dissemination Division and is a registered NIOSH internal trainer since 2011. She has contributed in the publication of OSHA Guidelines by DOSH in 2006 and co-writer of an article about the Effectiveness of NIOSH's Basic Train the Trainer – Competency Based Programme in 2009 for the Malaysia Labour Review, Volume 3, Number 2, National Institute of Human Resources.

In 2012, she was transferred to the Education and Training Department as an executive in the Programme Development Division and completed her Master Trainer Certificate IV in Training and Assessment from the Human Resource & Development Fund (HRDF) in collaboration with the Malaysia and Management Consultancy International (MCI), Australia. In 2017 she was appointed the Manager for the Programme Development Division with the responsibility of developing and reviewing all NIOSH training programmes. Recently, she was also trained by Institution of Occupational Safety and Health (IOSH) on Leading Safely Train the Trainer and Mental Health Awareness Train the Trainer by Emerging Journey Asia Sdn. Bhd.

As a Technical Expert currently, she continues to look into the training development programmes as a whole and the research and intervention programme for training as well as Healthy Mind programmes for NIOSH.

Cik Farah Azlin
Clinical Psychologist
Naluri



Farah Azlin is a clinical psychologist and the health coach lead at Naluri. She graduated with a Bachelor of Psychology from the University of Nottingham and earned a Master of Human Sciences in clinical and counselling psychology from International Islamic University Malaysia.

Farah Azlin has experience conducting assessments for both adults and children as well as providing psychotherapy services while working at SOLS Health during her practicum at the Psychology Centre of International Islamic University Malaysia. She is passionate about mental health advocacy and works with clients from diverse backgrounds.

Mr Gary Yap
Founder & Director of MY Psychology, and
Clinical Psychologist at MY Psychology Center



Hailing from Sandakan, Sabah, Gary Yap has developed a keen interest in psychology and mental health issues ever since he was 15 years old.

After receiving a Bachelor's Degree of Psychology in HELP University, he volunteered at the Psychiatric Department of Duchess of Kent Hospital and worked as a para-counsellor at a private psychiatric clinic. He later completed his Master's in Clinical Psychology at Universiti Kebangsaan Malaysia. During his training in becoming a clinical psychologist, Gary was professionally trained at the Health Psychology Clinic, Universiti Kebangsaan Malaysia; the Psychiatry Department, in Hospital Kajang; and the Psychiatry Department in Universiti Kebangsaan Malaysia Medical Centre.

Gary works with clients of various mental disorders including depression, anxiety, obsessive compulsive disorders, neurodevelopmental disorders (Autism, Attention-Deficit Hyperactivity Disorder, Specific Learning Disorders, Intellectual Disability), etc. He also provides psychological services for individuals and families who have challenges with anger management, school refusal, parenting challenges, and interpersonal conflict.

Besides working as a clinical psychologist, he is also an invited speaker for schools and corporate organisations to spread awareness about mental health and wellbeing. On social media, he is also committed in producing bite-sized contents such as videos and articles with the hope of building a society where mental health is recognized as important as physical health.

Online
Learning

zoom

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Course Serial No.:
10001153397

Organiser / Payee: **Federation of Malaysian Manufacturers**
ROC: **007907-X or 196801000309**
SST Registration No.: **W10-1901-32000108**

WHO SHOULD ATTEND THIS WEBINAR

- Chief Executive Officers, Managing Directors, General Managers
- HR Directors / Managers / Executives
- Non-HR personnel with subordinates

PARTICIPATION FEES

(Figures in RM)	Fee per pax	SST	Total per pax
FMM / GS1 member	300.00	18.00	318.00
Non-member	380.00	22.80	402.80

- 10% group discount for 3 persons or more from the same company.
- **This webinar is a HRD Corp claimable course.**

CONTRIBUTORS TO HRD CORP

- Contributors are required to email the HRD Corp Grant Reference Number to FMM by February 21, 2022.
- If FMM could not claim participation fee from HRD Corp after the event (participant did not attend the event or with less than 75% attendance), FMM will issue invoice of the full fee to the company.

ENQUIRIES

Contact: Ms. Lily Hee / Ms. Kwai Kaun
Tel: 03-6286 7200 Fax: 03-6274 1266 / 7288
E-mail: lily@fmm.org.my / event@fmm.org.my

NON-CONTRIBUTORS TO HRD CORP

Invoice will be issued accordingly. Before the event, all confirmed participating companies with outstanding fees need to **provide a letter or an email to undertake payment arrangement.**

Last-minute registration with payment will be admitted on space availability basis.

Payment methods

- 1) Bank transfer to Malayan Banking Bhd.
 - Account no.: **5-14208-33076-8**
 - SWIFT code: **MBBEMYKL**(Email or fax bank-in slip to lily@fmm.org.my / 03-6274 1266.)
- 2) Cheque crossed **Account Payee Only**.
(Invoice number on reverse side of cheque. Mail to address stated on the invoice.)
- 3) JomPAY
 - Biller code: **20073**

CANCELLATION / REPLACEMENT / NO-SHOW

Cancellation of participation and refund is not allowed.
Replacement participant is accepted at no extra charges.

FMM reserves the right to cancel or reschedule the programme.
All efforts will be taken to inform participants of any changes. If FMM decides to cancel or postpone the event, FMM will not be responsible for covering all costs incurred by participants.
Participants who do not attend the event are liable for the full fee.

CLOSING DATE FOR REGISTRATION February 21, 2022

Register online: Zoom

Registration Guidelines

1. Please register online preferably using your company's email address.
2. For registration of more than one participant, please submit online registration for each participant with a different email address.

Click <https://bit.ly/fmm23feb22>

or

scan



Technical Information

- Within 2 – 3 working days after registration, a **confirmation email** will be sent to you, with the link to join the webinar. If you did not receive it, please contact: event@fmm.org.my.
- **Reminder emails** will be sent to you 1 week, then 1 day before the event and again 1 hour before it starts. As these are automated emails, you may need to check your junk mail box.
- You may join the webinar **15 minutes before the starting time.**
- FMM will **record the webinar** for future reference.
- The Q&A function will be used for participants to engage with the speakers, rather than audio and video. So, be mindful of your **login name** as it will be seen by other participants. Please retain it throughout the webinar.
- Please ensure you have access to a laptop or computer with a working webcam and microphone as well as a **strong internet connection.**