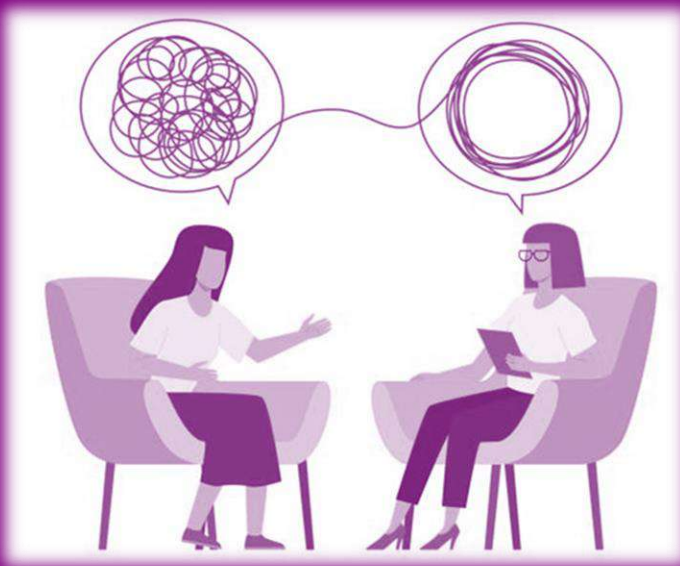




Course Serial No.: 10001283746

# FMM BUSINESS BEST PRACTICES SEMINAR

## How to Support Employees Like a Psychologist



45 HR practitioners attended this Seminar in June 2023. Seminar is now returned due to public requests.

### Past participants' reviews

"The topics are relevant and sufficient."

"This is a good programme, informative and offer some good tips to manage emotional staff."

"A++"

"Overall good"

More than half the world's population are currently in work and 15% of working-age adults live with a mental health condition (WHO). In Malaysia, the National Health and Morbidity Survey (NHMS) conducted by the Ministry of Health in 2015 revealed that 1 in 3 Malaysians has mental health issue.

Work-related mental health conditions are preventable. Much can be done to protect and promote mental health at work and support employees with mental health conditions to participate fully and equitably in work.

This Seminar aims to equip participants with the required skills to help employees in managing stress, personal issues and work-related problems.

**January 18, 2024**  
**Thursday**

**8.30am – 5.00pm**

**Royale Chulan**  
**Damansara Hotel**  
**Petaling Jaya, Selangor**

**Why HR practitioners and non-HR practitioners with subordinates should attend this Seminar**

- Gain better understanding on stress and emotions and the practical tools to manage them at workplace;
- Learn how to identify employees' personalities and use the relevant communication approaches; and
- Be informed on workplace policies and environment that provide better support for employees' mental health.



FEDERATION OF MALAYSIAN MANUFACTURERS

## FMM BUSINESS BEST PRACTICES SEMINAR

### How to Support Employees Like a Psychologist

January 18, 2024 (Thursday) • 8.30am – 5.00pm

Royale Chulan Damansara Hotel  
Petaling Jaya, Selangor

<b>Speakers</b>	<b>Mr Gary Yap &amp; Ms Michelle Yap</b> <b>Clinical Psychologists</b> <b>MY Psychology</b>
<b>Time</b>	<b>Topic</b>
8.30 am	Registration Networking Breakfast
9.00 am	<b>Don't Emo lah: Understanding Stress and Managing Emotions</b> - Understanding Stress: Our Friend or Enemy? - How to Recognise Emotions, Stress and Burnout Signals? - Self-Help Toolkit for Managing Stress and Emotions - Boosting Happiness D.O.S.E at Workplace
10.30 am	Networking Coffee Break
10.45 am	<b>HELLO to Myself: True Colour Personality Session</b> - Understanding Myself: True Colour Personality Test - Group Activity (Let's Draw Something Together) - Embracing Differences: How to Work with Different Colours? - Beyond Self: How to Become a Better Self?
1.00 pm	Networking Lunch
2.00 pm	<b>You are not Alone: How to Support Employees like a Psychologist</b> - Myths Debunk: Leave Your Emotions at the Door - How to Catch Warning Signs of Mental Health at Workplace? - CARE Model + Interactive Activity - Love Languages: Self-Care and Self-Compassions
3.30 pm	Networking Coffee Break
3.45 pm	<b>Healthier Workplace: How to Make Workplace a Better Place</b> - Typical Problems and Challenges at Workplace - Professional Mental Wellness Support for Employees - Improving Policy and Support for Employees
5.00 pm	End of Seminar

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

# SPEAKERS

**Mr Gary Yap**  
**Clinical Psychologist**  
**MY Psychology**

**Professional Qualification**

- B. Psych (Hons) (HELP, Malaysia)
- Master of Clin. Psych (Universiti Kebangsaan Malaysia)

**Professional Affiliation**

- Full Member (CP1-0187) – Malaysian Society of Clinical Psychology
- Professional Member – Association for Contextual Behavioral Science (Malaysia Chapter)



Gary Yap, hailing from Sandakan, Sabah, developed a keen interest in psychology and mental health issues at the young age of 15. He pursued his passion by completing a Bachelor's Degree in Psychology at HELP University, followed by volunteering at the Psychiatric Department of Duchess of Kent Hospital and working as a para-counsellor at a private psychiatric clinic.

Gary furthered his education by obtaining a Master's Degree in Clinical Psychology from Universiti Kebangsaan Malaysia. During his training, he received professional training at the Health Psychology Clinic at Universiti Kebangsaan Malaysia, as well as the Psychiatry Departments at Hospital Kajang and Universiti Kebangsaan Malaysia Medical Centre.

Currently, Gary works as a full-time clinical psychologist at MY Psychology, where he provides assessments and psychotherapy services to young adults with mental health concerns such as depression, anxiety, and insomnia. He also helps clients improve their well-being and interpersonal relationships in life.

Aside from his role as a clinical psychologist, Gary is a certified HRD-Corp Trainer and passionate about delivering psychological training to corporate clients. He has also been featured in media interviews, including Astro AEC, 8TV, and Sinchew Daily. Gary is dedicated to producing videos and articles about mental health on social media to promote awareness and build a society where mental health is recognized as important as physical health.

**Ms Michelle Yap**  
**Clinical Psychologist**  
**MY Psychology**



**Professional Qualification**

- BA Psychology (Monash University, Australia)
- M. Clin. Psych. (HELP University, Malaysia)

**Professional Affiliation**

- Full Member (CP1-0322) – Malaysian Society of Clinical Psychology

Michelle's interest in mental health first sparked while she volunteered at a government hospital in Melbourne and worked as an Applied Behavior Analysis (ABA) therapist for children. Her experiences working with vulnerable populations motivated her to pursue a career in serving those in need and learning how to best support them.

Michelle earned her Bachelor of Arts in Psychology from Monash University in Australia, and then worked for a year as a Junior ABA therapist under the supervision of an Autism Centre in Melbourne. Later on, she obtained a Master's degree in Clinical Psychology from HELP University in Malaysia, where she provided psychotherapy and conducted psychological assessments for clients of all ages in diverse settings such as Kajang Hospital, the Malaysian Mental Health Association, Dignity for Children Foundation, Mentem Psychological Services, and the Refugee Clinic.

After completing her Master's degree, Michelle worked as a clinical psychologist at the National Cancer Society Malaysia, where she worked closely with cancer patients. Additionally, she conducted talks to corporate donors and the public to raise cancer awareness.

Michelle currently works as a clinical psychologist at MY Psychology, where she provides individual psychotherapy to clients of all ages. She also collaborates with the team to design and refine Employee Assistance Program (EAP) services for corporate clients. At the same, she also has experience working as an EAP counsellor, where she provides short-term counselling sessions to employees and formulates treatment plans to support the employees to overcome personal and work-related challenges.

In her most recent engagements, Michelle has provided talks and interviews to corporate clients, including the Yayasan Khazanah Foundation, Media Monitor, and the Miss Universe Malaysia Organization. Through these engagements, she aims to raise awareness about mental health and promote the importance of seeking support when facing mental health challenges.

## About the Speaking Organisation



MY Psychology is Malaysia's first psychology platform, which was officially launched in 2014 with the goal of increasing psychological literacy in the Malaysian public. We quickly became the largest Facebook page for psychology in the country. In 2019, MY Psychology opened its first psychological center in Kepong, Kuala Lumpur, and in 2023, we expanded our growth by establishing another branch in Kota Kinabalu, Sabah.

At MY Psychology, we understand that the journey towards mental wellness can be emotionally stressful and difficult. Our team of experienced and registered clinical psychologists is dedicated to providing you with a safe and compassionate space where you can explore your thoughts, feelings, and experiences.

Our clinical psychologists are trained in a variety of therapeutic modalities, including Cognitive-Behavioral Therapy (CBT), Acceptance and Commitment Therapy (ACT), Person-Centered Therapy, Solution-Focused Brief Therapy (SFBT), and more. This enables us to employ various approaches and deliver psychotherapy that suits the needs of every individual client.

We work with individuals, couples, and families dealing with mental health concerns, including depression, anxiety, insomnia, relationship problems, work burnout, and more. In the workplace, we provide Employee Assistance Program (EAP) services such as screening, training, and individual sessions to improve employee wellbeing. We also offer consultations for employers and management to help build a productive team and a better workplace.

We believe that psychotherapy is not only about treating mental health concerns but also about personal self-growth and skill-building for individuals. At MY Psychology, we empower our clients with practical knowledge and psychological skills such as emotional management and thought-reframing to better cope with stress, pursue happier relationships, and live a meaningful life.

If you're looking for a team of qualified clinical psychologists, we're here to assist you in achieving "Happier Employees, Healthier Workplace".

With you, MY Psychology.

[www.mypsychology.my](http://www.mypsychology.my)



# FMM BUSINESS BEST PRACTICES SEMINAR

## How to Support Employees Like a Psychologist

January 18, 2024 (Thursday) • 8.30am – 5.00pm

Royale Chulan Damansara Hotel, Petaling Jaya



Course Serial No.:  
10001283746

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

### WHO SHOULD ATTEND THIS SEMINAR

- HR practitioners who need formal training or skill updates
- Newly hired HR practitioners
- Non-HR practitioners who manage subordinates

### PARTICIPATION FEES

#### Early Bird Special \* until December 15, 2023

(Figures in RM)	Fee per pax	SST	Total per pax
FMM / GS1 member	900.0	54.00	954.00
Non-member	1,200.00	72.00	1,272.00

\* Group discount is not applicable for early birds.

#### Normal Rate # from December 16, 2023

(Figures in RM)	Fee per pax	SST	Total per pax
FMM / GS1 member	1,200.00	72.00	1,272.00
Non-member	1,500.00	90.00	1,590.00

# 10% group discount for 3 persons & more from the same company.

### VENUE

Royale Chulan Damansara Hotel  
2 Jalan PJU 7/3, Mutiara Damansara  
47810 Petaling Jaya, Selangor  
Tel: 03-7959 9000

<https://goo.gl/maps/5C3UGkBPw4Libc26>

3-minute walk from Station MRT Mutiara Damansara (Pintu B)

### ENQUIRIES

Federation of Malaysian Manufacturers (FMM)  
Contact: Ms. Kwai Kaun  
Tel: 03-6286 7200 Fax: 03-6274 1266 / 7288  
E-mail: [event@fmm.org.my](mailto:event@fmm.org.my)

### CONTRIBUTORS TO HRD CORP

- Contributors are required to email the HRD Corp Grant Reference Number to FMM by January 16, 2024.
- If FMM could not claim participation fee from HRD Corp after the event (participant with less than 75% attendance), FMM will issue an invoice of the full fee to the company.

### 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 [event@fmm.org.my](mailto:event@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 must be in writing to FMM.  
All registrations carry a 50% cancellation liability immediately after a completed registration form has been received by FMM.

Replacement participant is accepted at no extra charges.  
Participants who do not attend the event are liable for the full fee.

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.

**Limited to 50 participants and on a first come, first served basis.**

**HRD Corp Claimable Course (SBL-Khas)**

**Course Serial No.: 10001283746**



**EARLY BIRD SPECIAL**  
**December 15, 2023**

**CLOSING DATE FOR REGISTRATION**  
**January 16, 2024**

<https://forms.gle/DWXQcYRRC6Ked8Ec6>