FMM PENANG WORKSHOP

PGB/108/2026
4/11/2026

Stress Management Techniques for High-Pressure Work Environments

❖ November 25, 2026 ❖ 8.30 am – 5.00 pm ❖ FMM Penang

INTRODUCTION & OBJECTIVE

Understand the causes and effects of stress in high-pressure work environments. Identify personal and workplace stress triggers that affect performance and well-being. Apply practical stress management techniques to control pressure effectively. Develop emotional resilience to handle challenging and demanding work situations. Improve time management and prioritisation skills to reduce work-related stress. Promote a healthier work-life balance for sustained productivity and well-being.

WHO SHOULD ATTEND

- Managers and supervisors working in demanding roles
- Executives and professionals in high-pressure job environments
- Frontline staff handling heavy workloads or tight deadlines
- HR and administrative personnel involved in employee well-being
- Customer service and operations teams dealing with continuous work pressure
- Employees seeking to improve stress management and emotional resilience
- High-performing individuals aiming to maintain productivity and work-life balance

SPEAKERS

Assoc Prof Dr. Tan Kock Lim brings over 15 years of extensive experience in the banking industry before transitioning into academia. He previously served as a Bank Manager at Alliance Bank and Hong Leong Bank, where he gained comprehensive exposure across key functional areas, including credit and marketing, operations, trade finance, and consumer banking services. Dr. Tan is actively involved in delivering training programmes and workshops for corporations, universities, and schools, with expertise in areas such as International Trade and Finance, Risk Management, Personal and Commercial Financing, as well as Accounting and Finance for both managers and non-managers.

ADMINISTRATIVE DETAILS

Date : **November 25, 2026 (Wednesday)**
Time : **8.30 am – 5.00 pm**
Venue : **FMM Penang**
Fees : **FMM Members – RM648.00 per pax (incl SST)**
: **Non-Members – RM702.00 per pax (incl SST)**
(Inclusive of programme materials & certificate)

CANCELLATION & REFUND

- No refund for cancellation within 2 days prior to the programme
- 50% refund for cancellation between 3-6days
- Full refund for cancellation 7 days prior to the programme
- Registered participants who do not turn up will be charged accordingly
- No additional cost for replacement
- Cancellation must be made in writing

ENQUIRIES & REGISTRATION

Ms Suguna:suguna@fmm.org.my
Ms Owe Yean Roei:yean_roei@fmm.org.my
Tel: 04 399 2057
Maybank Account No: 5074 0650 4502

PROGRAMME

8.30 am	**Registration**
9.00 am	Course Contents **Session 1: Introduction to Workplace Stress** • Definition of stress and types of workplace stress • Causes of stress in high-pressure environments • Impact of stress on performance, health, and decision-making **Session 2: Identifying Stress Triggers** • Personal vs workplace stressors • Self-assessment of stress levels • Recognising early warning signs of stress **Session 3: Stress and Performance Connection** • How stress affects productivity and behaviour • Burnout and its consequences • Maintaining performance under pressure **Session 4: Emotional Awareness** • Understanding emotional responses to stress • Emotional intelligence in managing pressure • Coping styles and behaviour patterns **Session 5: Practical Stress Management Techniques** • Time management and prioritisation strategies • Workload handling techniques • Problem-solving under pressure **Session 6: Work-Life Balance and Action Planning** • Maintaining healthy work-life integration • Preventing burnout strategies • Personal stress management action plan
5.00 pm	**End of Day**

HRDF Training No: **10001784048**
Scheme Name: **HRD Corp Claimable Courses**
MyCoID: **007907X_PENANG**
Training Provider: **FEDERATION OF MALAYSIAN MANUFACTURING (PENANG)**

- *FMM reserves the right to cancel or reschedule the programme.*
- *All efforts will be taken to inform registered participants of any changes.*
- *Attendance is by prior registration only.*
- *Registration form must be completed and returned to FMM Penang by **November 17, 2026 with** the correct payment in crossed cheque or bank draft made in favour of **'Federation of Malaysian Manufacturing'**.*
- *For **SBL-Khas Scheme**, grant approval must be forwarded to FMM Penang at least 3 days before the event date*

To: FMM Penang Branch
(Attn: Ms Suguna / Ms Owe Yean Roei)
Tel: 04-399 2057

Please register the following participants for the workshop:

1 Name: _____
NRIC: _____
Designation: _____
Email: _____

2 Name: _____
NRIC: _____
Designation: _____
Email: _____

(Please attach a separate list if space is insufficient)

❑ Please tick (✓) if you require Vegetarian meal for _____person(s)
❑ Please tick (✓) if you require an **Invoice**

Submitted by:
Name: _____
Designation: _____
Company: _____
New ROC No: _____
Address _____
_____
Email:_____ FMM Membership No: _____
SST No: _____
TIN No: _____
Tel:_____ Fax:_____

Enclosed is our cheque/ bank draft No.: _____ for RM _____ being payment for participation fees for _____ participant(s) made in favour of **'*Federation of Malaysian Manufacturing*'**.

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