



FEDERATION OF MALAYSIAN MANUFACTURING

MYCOID: 007907X_NSEMBILAN

PROGRAM NO.: 10001715534

NSB/18/2026
June 19, 2026

FMM
FEDERATION OF MALAYSIAN
MANUFACTURING



Seminar on

Mental Health at a Workplace

Building Healthier Minds, Stronger Workplaces
RECOGNISE EARLY. SUPPORT BETTER. THRIVE TOGETHER.



**August 27, 2026
9.00AM - 5.00PM**



**FMM NS BRANCH,
SEREMBAN 2**



English / Bahasa Malaysia

**Closing Date:
August 21,
2026**



WHO SHOULD ATTEND?

All persons at any workplace. All occupations have varying stress levels/demands

FMM NS/SOCSO Seminar on Mental Health at a Workplace

9.00AM - 5.00PM

27 August 2026

FMM NS Branch, Seremban

COURSE INTRODUCTION

This seminar provides participants with an understanding of the concept of a healthy workplace and the importance of mental health as an integral part of overall workers' health. Participants will learn to identify common workplace factors that may affect mental well-being, recognize early signs of work-related mental health triggers, and understand their impact on employees and the workplace environment. The seminar also equips participants with practical strategies and techniques to support, promote, and maintain good mental health in the workplace, fostering a positive, supportive, and psychologically healthy work environment.

COURSE OBJECTIVES

By the end of this seminar, participants will be able to:

- Understand the concept of a healthy workplace
- Understand mental health as part of overall workers' health in a workplace
- Identify common workplace factors affecting mental well-being
- Recognise early signs of work-related mental health triggers in a workplace
- Apply appropriate practical strategies and techniques to support and promote good mental health at a workplace

SPEAKER'S PROFILE

Dr. Iylen Benedict holds an MBBS (1990) and a Master's in Occupational Health (1997). She has been serving as a Product Physician at Pfizer Malaysia since 2000, with previous experience in the Ministry of Health Malaysia and the Institute for Medical Research. She has extensive expertise in occupational health, clinical research, workplace safety, and public health. Dr. Iylen is also an active member of several professional bodies, including serving as a DOSH-certified Occupational Health Doctor and on various national health and research panels.

SCHEDULE & COURSE CONTENTS

TIME	PROGRAM DETAILS
8.45AM	REGISTRATION OF PARTICIPANTS
9.00AM	Module 1: Introduction to Workers' Mental Health A) Concepts of a health workplace i. Worker ii. Workplace iii. Environment B) Definition of mental health in the workplace C) Group activity: Work flow process, applying healthy workplace concepts Module 2: Workplace Risk Factors for Mental Health A) Workplace hazards B) Group activity: Workplace risk mapping exercise
10.30AM	MORNING COFFEE BREAK
10.45AM	Module 3: Impact of Work on Mental and Physical Health A) Stress and strain responses B) Acute effects on overall health C) Long-term effects on overall health D) Connecting the dots Module 4: Recognizing Early Warning Signs A) Physical signs B) Emotional signs C) Cognitive signs D) Behavioural signs E) Individual activity: Mind map of early warning signs in individual work process
1.00PM	LUNCH BREAK & NETWORKING
2.00PM	Module 5: Promoting Mental Well-being at Work A) Healthy work organization and leadership B) Communication and feedback C) Group Activity: Re-looking at Work flow process, applying healthy workplace concepts D) Brainstorming workplace improvements Module 6: Individual Coping and Self-Care Strategies A) Stress management techniques, Support systems B) Work-life balance C) Individual activity: Personal well-being manual/diary
3.30PM	AFTERNOON COFFEE BREAK
3.45PM	Module 7: Workplace Recognition A) Healthy workplace awards B) Aligning with workplace safety standards Module 8: Building a Mentally Healthy Workplace A) Integrating mental health into occupational health and safety B) Continuous improvement and evaluation C) Workplace mental health improvement plan
5.00PM	END OF PROGRAM

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FMM NS Branch, Seremban

PARTICIPATION FEE (Inclusive of 8% SST)

Member RM 702.00 per pax**Non - Member RM 810.00 per pax**

PAYMENT METHOD

1) HRDCORP GRANT (SBL - KHAS SCHEME)

- No payment to FMM.
- Fund must be sufficient. Fee will be deducted from the employer's HRDCorp contributions.
- Full payment is to be made to FMM in the event that no disbursement from HRDCorp under any circumstances.

2) DIRECT PAYMENT TO FMM via Online Banking / Cheque

Payee Name: **FEDERATION OF MALAYSIAN MANUFACTURING****Bank Name : Malayan Banking Berhad****Account No : 505176510151****SST Registration No : W10-1901-32000105*****To provide FMM with the payment slip / advice once payment has been made.*

REPLACEMENT/CANCELLATION/NO SHOW

- Must be made in writing with reasons to FMM.
- Full payment fee will be charged by FMM for cancellation within 2 days prior to the event
- Participants who **did not turn-up will be charged full payment**. Invoice will be sent to the employer after program ends.
- Replacement can be accepted at no additional cost.
- FMM reserves the right to cancel or reschedule the program. All efforts will be taken to inform participants of the changes.

REGISTRATION FORM

FMM Negeri Sembilan (Attn: Ms. Eyda/Ms. Niza)

Email: herdawaty@fmm.org.my / niza@fmm.org.my

Tel No: 06-603 1626
Fax No: 06-603 1628

1) Name :
 Designation :
 E-mail :
 NRIC :
 Vegetarian : ☐

2) Name :
 Designation :
 E-mail :
 NRIC :
 Vegetarian : ☐

3) Name :
 Designation :
 E-mail :
 NRIC :
 Vegetarian : ☐

Payment:

Full payment of RM will be made via:-

☐ HRDCorp SBL-KHAS
 ☐ Online Banking
 ☐ Cheque

Submitted by: ☐ FMM Member ☐ Non-Member

Name :

Designation :

Company Name :

Membership No. :

Business Reg. No. :

Tel : Fax :

TIN No : SST No. :

E-mail :

Address :

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