

BUILDING MENTAL RESILIENCE

By investing in the mental resilience of your team, you are investing in your growth capacity, employee's health, and ultimately your future profits.

This program offers a real value-added opportunity for participants especially managers and above to identify and gain insight on what they can do to enhance overall resiliency in the workplace.



Training Objectives

- To understand the meaning, symptoms and causes of stress and depression
- To understand the importance of psychological well-being and how it impacts individuals, family, the workplace and community
- To gain knowledge on how to build mental resilience and practice techniques of handling stress for self and staff under supervision
- To have an insight on what employers can do to help employees develop resilience and lead healthy mental framework

Our Main Topics

- What is Mental Health?
- Stress and Mental Health
- Resilience: A Strong Workforce Needs It
- Mental Resiliency Tools & Techniques

DURATION: 2 DAYS

CONTACT US:



03-6141 8378



train@pdcmsb.com



www.pdcmsb.com