



OASIS COUNSELLING CENTRE PRESENTS
(MYCOID: 202103152283)

Understanding Stress and Mental Health Management in the Workplace

(Training Programme No.: 10001297137)

An interactive training programme to help you understand the stress experienced in the workplace - and how you can manage your mental health.

📍 Oasis Counselling Centre
45-A, Jalan Merdeka, Taman Melaka Raya,
75000, Melaka

To register, contact:

Daryl Tan @ 0142274785

Karen Chan @ 0135457491

****IN-HOUSE SESSIONS AVAILABLE****

RM500

pax

Interactive Program

- Innovate exercises & games
- Lectures & creative training styles
- Group discussion & feedback sessions
- Video clips & role play
- Individual & group discussions
- Hands-on practical sessions

Target Group

- Hospitality Team
- Human Resource Team
- Board Members
- Team Leads
- Managers
- All those interested in learning to understanding stress and mental health management

Program Modules

- Understanding Stress and its Effects
- Exploring Mental Health Management
- Developing Practical Tools to Manage Stress
- Improving Overall Mental Health



Program Flow

Trainer: Daryl Tan (K.B.;P.A.)

Duration: 1 day

Time	Activity	Duration (hr)
8.30 a.m.	Registration & Refreshments	
9.00 a.m.	Module 1 : Understanding Stress and its Effects	1.5
10.30 a.m.	Coffee Break	
10.45 a.m.	Module 2 : Exploring Mental Health Management	1.75
12.30 p.m.	Lunch	
1.30 p.m.	Module 3 : Developing Practical Tools to Manage Stress	1.5
3.00 p.m.	Tea Break	
3.15 p.m.	Module 4 : Improving Overall Mental Health	1.75
5.00 p.m.	Q & A and Wrap Up	0.5
5.30 p.m.	End	
	Total Hours (hr)	7

About the Trainer



DARYL TAN
(K.B.;P.A.)

(TRAINING ID: 10001101784)

Profession:

Registered and licensed counsellor (K.B.: 09693 ; P.A.: 09319)

- Managing Director and Lead Counsellor at Oasis Counselling Centre
- HRD Certified Trainer (Training ID: 10001101784)

- Focused primary on conducting interactive training seminars focused on improving emotion management to increase overall productivity in the workplace

Qualification:

- Bachelors Degree in Mechanical Engineering (USM)
- Master of Counselling (OUM)
- Pursuing a PHD in Psychology focused on studying the effectiveness of Cognitive Behaviour Therapy (CBT)

Experience:

Several years of experience working with young people through profession of being the coordinator of a department focused on forming young quality leaders through organizing seminars and workshops, one to one coaching and developing long term engagement strategies and has experience in lecturing university students through current teaching position.