

TRAINING & DEVELOPMENT TITLE	STRESS MANAGEMENT SKILL COURSE
PROGRAMME OVERVIEW	
<p><i>Skills in managing stress are important but much more important are the awareness to know when you are stressed and to be able to recognize how you are creating it in your life. Without awareness, stress management is just like putting band aids on a wound. It doesn't prevent the wound. Only awareness can do that. So a better question is "how do I cultivate the awareness to know when I am stressed and the awareness to know what I need to do to stop creating stress?" This program will help you answer these questions.</i></p>	
CERTIFICATION	This "Training and Development CERTIFICATE of Completion" is awarded by Melind Higher Education Sdn Bhd in collaboration with Kolej MASA Social Science Faculty.
TARGET GROUP	Designed for all Employees in decision making roles and extensive work load capacity.
DURATION	2 Days [0930hrs TO 1730hrs]
COURSE FEE	Malaysian Ringgit Four Thousand Only for up to Twenty Employees.
VENUE	Client (In-House)
METHODOLOGY	<ul style="list-style-type: none"> ▪ Lectures ▪ Group Discussion ▪ Music ▪ Video Presentation ▪ Case Study
CLO (CLASSROOM LEARNING OUTCOME)	Stress Management Training comprises a set of rehabilitative skills and techniques aimed at enabling the individual to better manage stress. We do not attempt to eliminate stress altogether as we need a certain amount of stress in our lives in order to achieve our goals. It is empowering to the individual, enabling them to take a greater control of their own life and health.
COURSE OUTLINE	<ul style="list-style-type: none"> ▪ TYPES OF STRESS ▪ EFFECTS OF STRESS ▪ SYMPTOMS OF STRESS ▪ WAYS TO OVERCOME STRESS
ENROLLMENT REQUIREMENT	<ul style="list-style-type: none"> ▪ They must be Malaysian Citizen (<u>100%</u> HRDF claimable). ▪ Foreigners with Work Pass from MOHR (HRDF <u>not</u> applicable). ▪ They must be <u>approved</u> by the designated officer/s for this program. ▪ They must be of <u>18 years</u> of age or above. ▪ They must have a minimum PMR qualification (not applicable for foreign workers with Work Pass from MOHR).
PAYMENTS & CLAIMS	<p>THE PAYMENT IS TO BE PAID BY CROSSED CHEQUE MADE OUT TO "MELIND HIGHER EDUCATION SDN BHD".</p> <p>HRDF 100% Claimable status under our license: SBL-KHAS Category A. The Employer can claim direct from HRDF using the SBL SCHEME.</p> <p>Each employee MUST produce an official form (from MHE) for the employer for each class attendance to obtain the official invoice for the employer to make the claim from HRDF as we are a Category A HRDF License owner which allows 100% claimable option to the Employer.</p>