

EMPLOYEE RESILIENCE AND WELLBEING DEVELOPMENT

15 January 2025, Wednesday

9.00am – 5.00pm

Speaker: MR WILLIAM TEO

Virtual

Course code: SS150125W1

Closing date: 13 January 2025

**8 CPD
HOURS**

Course overview

Employee wellbeing and resilience is critical for organisational and individual functioning. This course helps participants to explore ways in which to develop their ability to cope with the changing workplace and environmental demands. The course will provide hands on techniques to identify issues of stress in the workplace and effective approaches to deal with them.

Course Objective

1. Recognise the importance of identifying and managing stress in the modern workplace
2. Develop an understanding of individual wellbeing and resilience in the workplace.
3. Apply basic techniques to build individual resilience and to manage stress and wellbeing in the workplace

About The Trainer :

WILLIAM TEO

William is the Country Head for WIAL Malaysia, a Master Trainer at the Malaysian Insurance Institute and LIMRA, USA, and a Senior Action Learning Coach (SALC) with the World Institute for Action Learning. Prior to this, he was in sales and spent 25 years as a District Manager at one of Malaysia's top life insurance companies, leading a team of financial advisors. With four decades of experience in Financial Services Business, Organisation Development, and Work Psychology, William brings significant value as a facilitator, leadership coach, and mentor.

His clientele includes high level strategic management from key companies across 10 countries. William's qualifications include a Masters in Financial Planning, MSc in Management Psychology, and a British Psychological Society (BPS) Occupational Testing qualification. He currently serves as an associate lecturer for the MSc Program and as an Industrial Advisory Board Member for the Division of Organisational and Applied Psychology at the University of Nottingham Malaysia. With a passion for leadership, William is currently pursuing a PhD in Crisis Leadership, focusing on the critical enablers of effective leadership in crisis situations.

Course Content

Managing Stress at work amidst changing times

- Recognise the sources and triggers of stress and mental health in the workplace

Employee mental health and wellbeing

- Understand employee mental health and wellbeing in the workplace
- Learn to recognise mental health and wellbeing issues amongst individuals and team members

Resilience building and thriving

- Introduce the concept of the resilience reservoir
- Learn to apply resilience building techniques in everyday situations

Who Should Attend

All employees of the companies and those who are interested to learn on the topic.

WEBINAR FEE

Category	Normal Fee per person (RM)	Group Fee per person (RM)* (For 3 or more registrations from the same organization)
MAICSA Member/ Affiliate/Graduate/Student	648	618
Non member	810	780
Retired MAICSA member	324	324
MAICSA Member's staff***	798	798

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Email: training@maicsa.org.my

Tel: **03-2282 9276 (ext 803)**

Attention: Ms Vickneswary

- Fee is payable to **MAICSA**

PAYMENT MODE:

Online transfer

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Note: Bank charges for telegraphic transfer will be borne by the client.

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Individual Registration: Full payment shall be made **AFTER** you have done the online registration.

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- Access to join the webinar shall be granted only upon full payment as per the above requirement.
- **NO Letter of undertaking is accepted.**

Upon successfully registration, you are deemed to have read and accepted the terms and conditions.

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WEBINAR ACCESS LINK

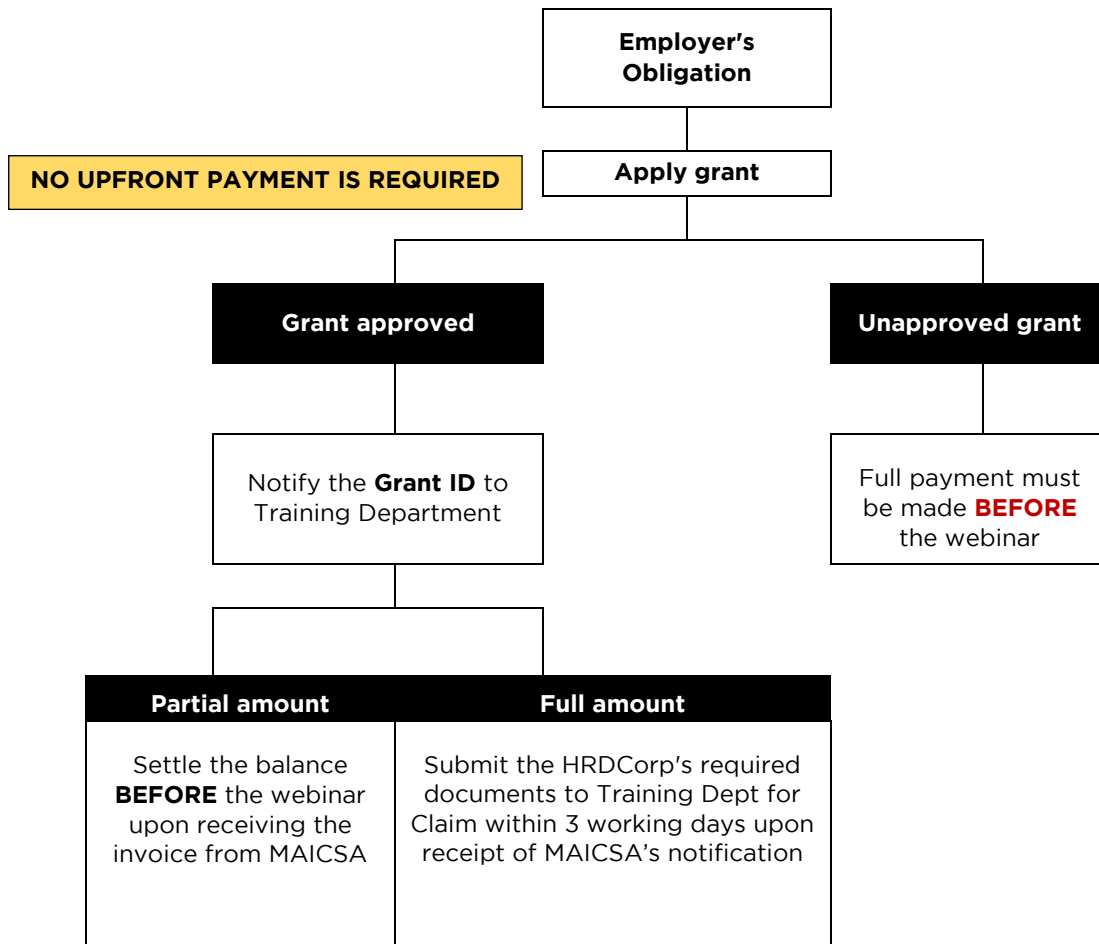
- The Access Link will be emailed at least one day before the commencement of the webinar.
- The Access Link is unique and should not be forwarded/shared with others.
- **Participants may log-in at 8.45am**

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