



TU51

Technical Update 51: Mental Resilience and Wellbeing at the Workplace



11 May 2024, Saturday
8.00 am to 4.45 pm
DoubleTree by Hilton Hotel, KL



INTRODUCTION

Mental wellbeing is the state of thriving in various areas of life, such as in relationships and at work. Resilience in the workplace can lead to better mental health and job satisfaction. Resilience has been shown to positively influence work satisfaction and engagement, as well as overall well-being, and can lower depression levels. Employers can build a resilient workforce by addressing workplace stress and mental health. Employers should promote good mental health and also provide support for employees who are experiencing mental ill health.

OBJECTIVES

- Promote a supportive and inclusive work environment, including training and support for managers and helping people who are at risk of poor mental health.
- To develop coping mechanisms to manage stressors effectively, reducing the risk of mental health issues.

WHO SHOULD ATTEND THE COURSE?

Occupational Health Physicians, Public Health Physicians, Occupational Health Doctors, Approved Medical Examiners (AME), Medical Specialists, Medical Practitioners, Occupational Health Nurses, Assistant Medical Officers and Safety & Health Officers, and Assistant Environmental Health Officers.

CONTINUING PROFESSIONAL DEVELOPMENT POINTS

- (MMA) CPD points
- (DOSH) CEP points

AT A GLANCE

SPEAKERS

- Dr Marzuki (Moderator)
- Tbc
- Dr Jaseema Begum Nazir Khan, PETRONAS
- Ms Low Mi Yen, Integrated Wellness Solutions
- Assoc Prof Amer Siddiq Amer Nordin, UMMC
- Ms Rina Cheong Ronaldin, PETRONAS
- Dr Hazlee Abdul Hadi, Berkah City Clinic
- Dr M Nasir Suliaman, PETRONAS

FEE

RM 300 [AOEMM Members or Government Medical Doctors]

RM 400 [Others]

RM 420 [HRDC]

USD 150 [International]

REGISTRATION

<https://forms.gle/9tZidyQJRmtzkWGj8>

inquiries 017.4646750



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Time	Topic	Speaker
8.00 – 8.30 am	REGISTRATION	AOEMM Secretariat
8.45 – 9.00 am	Opening Remarks	Dr Abu Hasan Samad AOEMM President
9.00 – 9.45 am	Cultivating Mental Well-Being Intervention at Workplace: The PETRONAS' Experience	Dr Jaseema Begum Nazir Khan Occupational Health Physician, PETRONAS
9.45 – 10.30 am	Common Psychiatric Illness at The Workplace and Case Studies	Assoc Prof Amer Siddiq Amer Nordin Consultant Psychiatrist, UMMC
10.30 – 10.45 am	TEA BREAK	
10.45 – 11.30 am	The Complication in Delivering Mental Resilience and Well-Being Programs for Employees with Different Levels of Resilience	Ms. Low Mi Yen Clinical Psychologist, Integrated Wellness Solutions
11.30 am – 12.15 pm	Customizing The Assessment and Management Of Occupational Stress In A Workplace	Tbc
12.15 – 01.00 pm	Psychosocial Risk Assessment	Ms. Rina Cheong Ronaldin Custodian (Industrial Hygiene), PETRONAS
01.00 – 2.15 pm	LUNCH	
2.15 – 3.00 pm	Provision Of Mental Health Support for Workers	Tbc
3.00 – 3.45 pm	Functional And Cognitive Evaluation	Dr Hazlee Abdul Hadi Occupational Health Physician, Berkat City Clinic
3.45 – 4.30 pm	Importance Of Psychological Safety in Establishing Generative HSE Culture at Workplace	Dr M Nasir Suliaman Occupational Health Physician, PETRONAS
4.30 – 4.45 pm	Closing	Dr Abu Hasan Samad AOEMM President