

GS1 MALAYSIA MEMBERS CAPACITY BUILDING INITIATIVE

Jointly Organised by



STRESS MANAGEMENT & RELAX PRODUCTIVITY

DATE: DECEMBER 15 - 16, 2025 (MONDAY - TUESDAY)

TIME: 9:00AM - 5:00PM

VENUE: ONLINE VIA ZOOM



MS RACHEL KHOR

**FREE FOR GS1 ACTIVE
MEMBERS**

**ACTUAL TRAINING FEE =
RM1,350/PAX**

**LIMITED SEATS AVAILABLE
(FIRST COME FIRST SERVE
BASIS)**

The Covid-19 pandemic has drastically changed the world, forcing us to adapt to a new, unprecedented situation that has negatively impacted workforce mindsets and productivity. Stress levels are high due to fear of the unknown and the spread of misinformation, leading to increased stress-related disorders. To combat this, a practical course is offered that provides effective techniques and strategies for managing stress and improving mental well-being. Successful individuals often respond to stress positively, emphasizing the importance of stress reduction techniques, healthy diets, and regular exercise for personal wellness and productivity.

KEY BENEFITS OF GS1 MALAYSIA - FMM INSTITUTE PROGRAMME:

- Identify sources of stress and understand how stress works
- Develop sustainable behaviors and evaluate the best approach to tensed situations
- Take immediate appropriate action to manage the stress response and the coping process
- Improve employee productivity and increase motivation with appropriate strategies, approaches, techniques and tactics
- Access your inner strength and detoxify body through special exhaling technique
- Etc...

COURSE OUTLINE:

- **Module 1:** Minimize Stress At Work
- **Module 2:** Coping Mechanism 1 - Identify The Best Approach To Develop Sustainable Behaviors and Actions
- **Module 3:** Coping Mechanism 2 - Stop Self Sabotage and Clear Mental Clutter/Baggage
- **Module 4:** Coping Mechanism 3 - Change Emotional State from Disempowering to Empowering
- **Module 5:** Access Your Inner Strength 'Qi' Center and Detoxify
- **Module 6:** Use Effective Relaxation Techniques
- **Module 7:** Master The Body-Mind Connection Techniques to Quieten the Mind and Relax the Body
- **Module 8:** Develop A Balanced Lifestyles in Order to Stay in Control in the Long Run

TARGET AUDIENCE/GROUP:

For anyone encountering pressure in working environment and who would like to feel better equipped to handle it including:

- Managers
- Head of Departments
- Executives
- Supervisors
- Engineers
- All support, administrative personnel from Sales, Marketing, Purchasing, Planning, Production, Technical, HR, Customer service, front desk, PR. Quality Control

Please Register Here



For more information, please contact:

Mr Evance | Mr Farrez | Ms Aleesa

Tel: 082-332784 | Email: fmmsarawak@fmm.org.my