



PRO SKILL LEVERAGE
Empowering
Knowledge, Skills & Health



Mindful Momentum: Strategies for Mental Wellbeing and Productivity

16 JULY 2025 | 9.00AM - 5.00PM | MEF ACADEMY TRAINING CENTRE

Mindful Momentum, Strategies for Mental Wellbeing and Productivity is a one-day interactive workshop tailored for HR Directors, Managers, Senior Leaders, and Business Owners. Limited to just 25 participants to ensure meaningful engagement, this session is designed to empower leaders with practical strategies to build a mentally healthy and high-performing workforce.

With a focus on proactive mental health practices, resilience building, and productivity enhancement, the program is specially developed for the Malaysian workplace context.

Who Should Attend

- HR Professionals
- Team Leaders & Managers
- Business Owners

Learning Outcomes

- Beyond the Surface: Addressing Mental Health in the Workplace
- Beyond Reactive: Embracing Proactive Mental Health & Wellbeing
- Your Mental Health: A Frontline Advantage
- Connecting Care: A Malaysian Guide to Mental Health Support
- The Legal & Ethical Landscape: Yesterday, Today & Tomorrow
- Beyond Wellness: Creating a Culture of Mental Health and Engagement
- Understanding the GAD-7 and PHQ-9: Mental Health Assessment Tools
- Elevate & Empower: Lead Well, Live Well

Course Registration



<https://forms.office.com/r/ZkBgVRdkce>

RM 800*

(Price Inclusive of 8% SST)

*Course fee is claimable
under HRDC.



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Course Structure

| Time | Agenda |
|------------------|--|
| 8.30 - 8.40 AM | ◦ Registration & Morning Refreshments |
| 8.45 - 9.15 AM | ◦ Welcome, Ice Breaker & Introduction to Training Objectives |
| 9.15 - 10.00 AM | ◦ Beyond the Surface - Addressing Mental Health in the Workplace (The Hidden Disability) |
| 10.00 - 10.45 AM | ◦ Beyond Reactive - Embracing Pro-Active Mental Health & Wellbeing |
| 10.45 - 11.15 AM | ◦ Morning Break |
| 11.15 - 12.00 PM | ◦ Your Mental Health: A Frontline Advantage |
| 12.00 - 12.45 PM | ◦ Connecting with Care: A Malaysian Guide to Mental Health Support |
| 12.45 - 1.45 PM | ◦ Lunch Break |
| 1.45 - 2.15 PM | ◦ The Legal & Ethical Landscape: Yesterday, Today & Tomorrow |
| 2.15 - 3.00 PM | ◦ Beyond Wellness: Creating A Culture of Mental Health & Engagement |
| 3.00 - 3.30 PM | ◦ Introduction & Understanding of the GAD-7 and PHQ-9 as an Assessment Tool |
| 3.30 - 3.45 PM | ◦ Tea Break |
| 3.45 - 4.15 PM | ◦ Elevate & Empower: Lead Well, Live Well |
| 4.15 - 4.30 PM | ◦ Q&A - Feedback Form |
| 4.30 - 5.00 PM | ◦ Certificate Presentation & Closing |

Guest Speaker



Mr. Leighton Green

Mental Health Clinician (Mental Capital), Consult Liaison (Dual Disability Service), Crisis Prevention Trainer, Certified Life Coach (NZIBS)

Trainer Profile



Dato Dr. R.S. Kumar

MBBS.FCGP, Fellow IAMS(Family Med)
CCWC

(Wound Care Certified) WWIC-Foundation - Wales) Certified Mental Health Practitioner-MSAP/UKM. Former Director of Medical Services-Qualitas Medical Group

With over four decades in healthcare, Dato' Dr. R.S. Kumar has played a pivotal role in both public and private sectors. A founding member of Qualitas Medical Group, he has held leadership roles in medical services and advisory. As a certified HRDC trainer, he specializes in mental health, wound care, and first aid training for corporate organizations. His expertise in workplace mental health empowers companies to foster supportive and resilient work environments. Dato Dr RS Kumar has also served on the Training Faculty of the first ever Mental Health Certification Program for General Practitioners in Malaysia.

With over 25 years of experience, Leighton Green specializes in Mental Health, Forensic Psychiatry, Consult Liaison(Dual Disability) and Crisis Management. He has worked with leading organizations in New Zealand, Australia and the UK within Regional Forensic Psychiatric Services and the Crisis Prevention Institute. An expert in behavioral management, coaching, and workplace mental health, Leighton helps organizations foster positive environments while addressing challenges like bullying and harassment. He holds a Postgraduate Diploma in the Health Sciences (Mental Health Speciality) from the University of Auckland and a Bachelor of Health Science from Unitec Institute of Technology



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