



LS Human Capital Sdn Bhd
(1171487-T)



Occupational Mental Health First Aider Course

A Half Day Session (ONLINE)

**August 13th, 2025 – 9.00am to 1.00pm
(Microsoft Teams)**

COURSE CONTENT

Overview

There is a difference between mental health and mental illness. Just as we all desire to be physical healthy, we equally want to feel healthy mentally to.

At workplaces, mental health has become a top priority as organisations recognise that when people feel stressed, anxious, depressed, etc, they frequently under-perform and/or go on medical/emergency leave. In line with the Malaysian government's initiative to ensure healthier workplaces, it is targeted that every workplace should have a pool of employees who are capable of functioning as an occupational mental health first aider.

The role of an occupational mental health first aider is not to serve as a psychiatrist or psychologist but to:

- a) Recognise tell-tale signs that an employee may be experiencing a mental health challenge,
- b) be there for the employee who is experiencing a mental health challenge,
- c) help the employee achieve a calmer emotional state, before
- d) helping coordinate the employee with resources such as counsellors and trained medical professionals.

This half day program will equip you with the skills you need to function as an occupational mental health first aider within your organisation.

AGENDA

9.00am to 11.00am

Core Skills of an Occupational Mental Health First Aider

- Differentiating mental health from mental illness,
- Signs that your employee may be experiencing a mental health challenge,
- The key skills of an occupational mental health first aider
- Understanding why we sometimes fall prone to negative thinking and how to overcome it.

11.15am to 1.00pm

How to Manage Situations Involving a Mental Health Challenge

- The 3 step process to managing a mental health challenge
- Using the P.A.L.M. method to calm a person experiencing heavy emotions
- The critical importance of being able to be an 'active listener'
- Effective questions to help a person discover the root cause of his/her mental health issue
- Connecting the employee with the right resources and medical help.

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TRAINER'S PROFILE



Shawn Sher is the founder and chief executive officer of LS Human Capital, an Employee Relations consulting and training firm that operates in the Asia Pacific region. He is the author of several publications such as “Important Industrial Court Decisions for Business Leaders”, “The Complete Employee Handbook”, “HR Concerns When Buying and Selling a Company in Malaysia” and “How to Comply with the Personal Data Protection Act”.

Shawn is a regular sought after speaker and has been invited to train and consult across the United States, United Kingdom, Europe and South Africa on a variety of topics concerning leadership, international industrial relations and HR management. He is also consulted by the Malaysian government where he formed part of the panel involved in changes being contemplated to Malaysia’s labour laws.

In addition, Shawn also serves as advisor to a number of multinationals and GLC’s in Malaysia on their employment law compliance and people development issues. His weekly updates on contemporary IR and leadership is widely followed across Malaysia, where more than 800 companies today subscribe to this service.

Shawn has a Masters in Laws qualification (specialising in Employment Law) from the University of Leicester, United Kingdom. In addition, he also possesses a specialisation certification in ‘Positive Psychology’ from the University of Pennsylvania, United States where he completed his certification in 5 areas of Positive Psychology including:

- 1) Positive Psychology: Martin E.P. Seligman’s Visionary Science with Dr. Martin E.P. Seligman,
- 2) Positive Psychology: Applications and Interventions with Dr. James Pawelski
- 3) Positive Psychology: Character, Grit and Research Methods with Dr. Angela Duckworth & Dr. Claire Robertson-Kraft
- 4) Positive Psychology: Resilience Skills with Dr. Karen Reivich, and
- 5) Positive Psychology Specialization Project with Dr. Martin E.P. Seligman

Shawn believes that ‘managing people the right way’ requires a combination of practical understanding of the law with the effective use of positive psychology in driving a committed and high performing work environment. He has also completed the certifications on the ‘Occupational Mental Health First Aider’ program from the Putnam Institute, UK.

REGISTRATION FORM AND CONFIRMATION

Course Title : “Occupational Mental Health First Aider Course”
Date : August 13th, 2025
Held Via : Online (via Microsoft Teams)
Cost : RM 649/= per participant
 RM 599/= per participant (for registration before July 25th, 2025)
 RM 549/= per participant for 2 or more participants
 (please note an additional 8% SST shall apply to the rates above & it is 100% HRDC Claimable)

I, hereby confirm sending (.....) participant(s) to the above-mentioned public training programme.

Participant Name :
Position :
Company Name :
Address :

Telephone No :
Fax No :
Contact Person :
Participant Email :
Date :
Signature & Stamp :

(For more than one (1) participant, please provide names on separate registration form(s))

FOR MORE INFORMATION

Call us at 03-4266 9191 for any inquiries you may have during our official business hours from 8.30am to 5.30pm (Mondays to Fridays). Alternatively, you can send us an email to suha@lshumancapital.com or rowena@lshumancapital.com.