MY PSYCH PLT
201604001424 (LLP0008136-LGN)
Ground & 1st Floor, Lot 2, Block A,
Hong Tong Centre, Penampang,
88300 Kota Kinabalu, Sabah.
Email: mypsychologykk@gmail.com
Contact No.: 011-33116211

Signature Trainings by MY Psychology KK

1. Empower Mind: Journey to Psychological Resilience (Coaching)
To help individuals understand their challenges, set meaningful goals, develop coping skills and strengthen psychological resilience through a personalised action and support plan.

2. Preventing Burnout & Building Resilience at Work
To help employees recognise stress and burnout warning signs, strengthen coping skills and develop sustainable self-care practices while identifying workplace support needs.

3. Supporting Employee Mental Health: Skills for HR & Managers
To equip HR professionals and managers with skills to recognise distress, listen actively, provide initial support and facilitate appropriate referrals while maintaining professional boundaries.

4. Stronger Together at Work: Effective Communication & Embracing Differences
To strengthen team connection by helping employees understand individual differences, communicate effectively, manage conflicts constructively and support one another.

5. Crisis Management & Post-Incident Support Workshop
To help participants understand crisis reactions, practise coping strategies and identify appropriate personal and organisational support for recovery and return to work.

6. Introduction to Psychological First Aid
To equip participants with foundational Look, Listen and Link skills to provide compassionate, practical support to people in distress and connect them with appropriate assistance.

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Title: Empower Mind: Journey to Psychological Resilience

Target Audience: Individual employees experiencing personal or work-related challenges affecting wellbeing, motivation, confidence or work performance.

Duration: Total 4 hours (2 hours for first session, 1 hour for subsequent sessions)

Delivery method: 1:1 coaching, guided reflection, personalised worksheets, goal setting and action planning.

Workshop Content

Module 1: Understanding Yourself & Your Challenges
Build rapport, explore relevant personal background and current concerns, identify strengths and clarify coaching goals.

Module 2: Goal Setting & Coping Strategies
Develop short- and long-term SMART goals and introduce practical coping strategies suited to individual needs.

Module 3: Building Psychological Resilience
Practise mindfulness, recognise unhelpful thinking patterns and develop balanced self-talk and flexible responses to setbacks.

Module 4: Personalised Action Plan & Ongoing Support
Translate learning into achievable steps, identify support systems and agree on ways to monitor progress and review goals.

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Title: Preventing Burnout & Building Resilience at Work

Target Audience: Employees at all levels, particularly those managing high workloads, ongoing pressure or emotionally demanding roles.

Duration: 7 hours

Delivery method: slides, mental health screening, personalised worksheet, group discusssion.

Workshop Content

Module 1: Understanding Mental Health, Stress & Burnout

Brief mental health awareness, statistics, stress versus burnout, warning signs, when and where to seek help. Conduct self-guided mental health screening.

Module 2: Building Resilience

Introduction to the hot cross bun model (CBT). Identify stressors and recognise how stress affects thoughts, emotions, physical sensations and behaviour.

Module 3: Understanding Thinking Traps and Locus of Control

Explore how interpretations influence emotions and behaviour; practise balanced responses.

Module 4: Understanding Helpful Behaviour, Emotional Regulation and Calming Strategies

Helpful vs Unhelpful behaviour, understanding emotions and how to regulate, learning practical calming strategies

Module 6: Values vs Goals: Identifying What Matters

Distinguish ongoing values from achievable goals and identify personal priorities.

Module 7: Self-care and Maintenance

Introduction to self-care strategies and complete a personalised plan.

Module 8: Group Intervention

Self-disclosure of stressor and discussion on how to manage it.

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Title: Supporting Employee Mental Health: Skills for HR & Managers

Target Audience: HR professionals, managers, supervisors and team leaders responsible for supporting employees.

Duration: 7 hours

Delivery method**:** slides, mental health screening, group discussion

Workshop Content

Module 1: Understanding Employee Mental Health
Recognise common mental health concerns and how personal and workplace challenges can affect wellbeing, motivation and work performance.

Module 2: Recognising Stressors & Changes in Behaviour
Identify workplace stressors and notice changes in attendance, engagement, communication and performance without making assumptions or diagnosing.

Module 3: Supportive Conversations & Active Listening
Practise starting sensitive conversations, asking open-ended questions, reflecting and summarising, and acknowledging feelings without rushing to offer solutions. Connect before correct.
Activity: Paired active listening and conversation practice.

Module 4: Introduction to Psychological First Aid
Introduce **Look, Listen and Link** to recognise distress and immediate needs, provide initial support, and connect employees with appropriate assistance. Explore role boundaries and when to escalate.
Activity: Apply the framework to a fictional workplace scenario.

Module 5: Promoting Employee Wellbeing with PERMA
Explore **Positive Emotions, Engagement, Relationships, Meaning and Accomplishment**. Identify practical ways managers can support these areas while addressing workload, maintaining healthy boundaries and respecting confidentiality.
Activity: Map everyday management practices to the five PERMA elements.

Module 6: Group Discussion, Support Planning & Reflection
Apply active listening, PFA and PERMA to realistic workplace scenarios. Develop an employee support plan covering immediate needs, workplace changes, support options, responsibilities and a review date.
Activity: Facilitated small-group discussion, support planning and sharing of key takeaways.

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Title: Stronger Together at Work: Effective Communication & Embracing Differences

Target Audience: Teams, cross-departmental groups, employees and leaders seeking better communication, mutual understanding and collaboration.

Duration: 7 hours

Delivery method**:** slides, personality test, group presentation and group discussion

Workshop Content

Module 1: Understanding Differences & Communication Gaps
Explore how hierarchy, generational experiences, personality, culture and background can influence communication and contribute to misunderstandings.

Module 2: Personality Test and Group Presentation
Understand your personality through a true colour personality test, strengths of each personality and how they fit in the team.

Activity: Personality questionnaire and presentation

Module 3: Supporting Each Other Through Effective Communication and Active Listening
Explore communication styles and what is effective. Practise active listening, checking understanding, expressing needs respectfully and giving constructive feedback.
Activity: Paired listening exercises and supportive conversation practice.

Module 4: Managing Conflict Constructively
Recognise emotional triggers, clarify assumptions, understand different perspectives and agree on practical solutions.
Activity: Role-play a workplace disagreement.

Module 5: Understanding How We Work Best
Build mutual understanding through small-group sharing about working styles and support needs.
Activity: Complete and discuss “I work best when…”, “I prefer feedback…”, and “When I’m under pressure, it helps if…”

Module 6: Strengths We Appreciate & Closing Reflection
Recognise one another’s contributions and identify ways to carry this understanding into everyday teamwork.
Activity: Exchange specific appreciation in assigned pairs, followed by key takeaways and closing.

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Title: Crisis Management & Post-Incident Support Workshop

Target Audience: Employees and teams affected by a distressing incident, together with relevant HR personnel and managers, with delivery tailored to participants' roles and readiness.

Duration: 7 hours

Delivery method: Slides, guided grounding exercises, scenario practice, facilitated group discussions and support planning.

Workshop Content

Module 1: Welcome, Safety & Grounding
Set expectations, privacy boundaries and participation choices.
Activity: Grounding exercise and wellbeing check-in.

Module 2: Understanding Trauma & Crisis Reactions
Recognise emotional, physical, cognitive and behavioural reactions to distressing events.
Activity: Scenario discussion.

Module 3: Introduction to Psychological First Aid
Learn **Look, Listen and Link**, role boundaries and escalation routes.
Activity: Supportive conversation practice.

Module 4: Managing Reactions & Coping
Explore grounding, routines and practical coping strategies.
Activity: Create a personal coping toolkit.

Module 5: Group Discussion & Support Circle
Reflect on current needs and helpful support, with sharing optional.
Activity: "What helps me feel supported?"

Module 6: Returning to Work & Organisational Support
Discuss readiness, workplace adjustments and follow-up support.
Activity: Develop a sample return-to-work plan.

Module 7: Seeking Professional Help
Recognise when further or urgent help is needed and identify referral options.
Activity: Map support resources.

Module 8: Reflection & Q&A
Review learning and identify next steps.
Activity: Complete a personal support plan.

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Title: Introduction to Psychological First Aid (PFA)

Target Audience: HR professionals, managers, supervisors, safety personnel, frontliners and designated peer supporters who may provide initial assistance to someone in distress.

Duration: 7 hours

Delivery method: Slides, facilitator demonstrations, case scenarios and group practice.

Workshop Content

Module 1: Understanding PFA & Crisis Reactions
Explore what PFA is, why it matters and how people may react to distressing events.

Module 2: Preparing to Provide PFA
Understand who may benefit, when and where to offer support, and how to prepare.

Module 3: PFA Principles & Support Pathways
Learn **Look, Listen and Link**, recognise complex reactions, identify referral options and understand self-care for helpers.

Module 4: Practical Application
Observe facilitator demonstrations and practise applying PFA to workplace scenarios through group exercises.

Module 5: Recap & Q&A
Reflect on key learning, clarify questions and identify practical next steps.