

A large, stylized profile of a human head facing right, composed of layered, torn-paper-like shapes in various shades of green, yellow, and brown. The background is a solid dark blue.

WORKPLACE MENTAL HEALTH & SUSTAINABILITY

Make Your Workplace
A Healing Space

IMPORTANCE OF WORKPLACE

MENTAL HEALTH & SUSTAINABILITY



Work Productivity



Team Engagement



Ethical Business Practices



Overall Organisational Success



REVOLUTIONISING CORPORATE TRAINING

At HOPE Learning, Development & Consultancy, we redefine corporate training with a dual commitment to:

MENTAL HEALTH

SUSTAINABILITY

Focusing on:

- Stress management
- Resilience building
- Positive work culture
- Navigating challenges
- Enhancing personal growth & wellbeing
- Enhancing professional effectiveness & work satisfaction
- Eco-conscious practices
- Green leadership strategies

Key Strengths:



Practical Techniques
with actionable steps



Pre- & Post-Assessment
for success monitoring



AI-drive Mobile App
for real-time support

CORPORATE PROGRAM

LEARNING & DEVELOPMENT



Mix & Match
various training
modules



Tailor-Made Programmes
to meet the unique needs &
objectives of each company



MENTAL WELLBEING

COMPREHENSIVE HOLISTIC MENTAL WELLBEING

Timeline: Up to 3-day course

THE COURSE

Designed to cultivate a resilient, thriving & emotionally intelligent workplace. This programme is more than a course, it is an investment to health, happiness & team productivity.

THE PARTICIPANTS

- Suitable for:
- Managers
 - Supervisors
 - Employees

UPON COURSE COMPLETION

Participants will be able to:

- Identify common mental health conditions, stigma reduction & spectrum of mental wellbeing
- Recognise signs & symptoms of various mental health disorders
- Identify basic crisis intervention skills to provide support for mental health emergencies
- Apply tools & strategies for addressing stressors & promoting workplace mental health

Equilibrium Edge

Mindful Work

Balance Boost

Mindful Momentum

Thrive Track

Mind Matters

Harmony Hub

Zen Zone

Peak Performance Pathway

Body, Mind, Spirit Synchronisation

CORPORATE HOLISTIC WELLNESS

Timeline: Up to 3-day course

THE COURSE

Designed around 8 primary initiatives, each tailored to promote alignment between physical, mental well-being and spiritual fulfillment - Body, Mind, Spirit Synchronicity

The programme aims to create an environment where employees can achieve a harmonious balance between their personal and professional lives - Work-Life Balance.

THE PARTICIPANTS

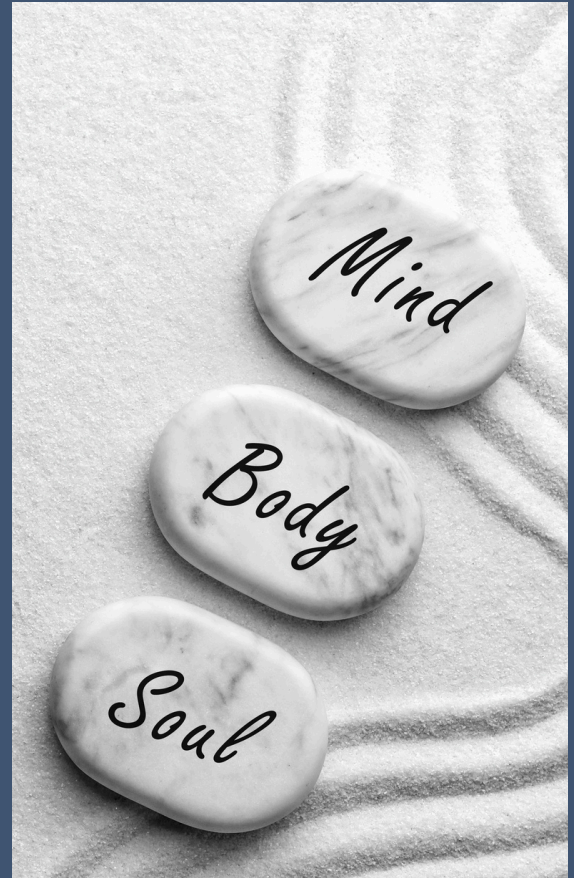
Suitable for:

- Managers
- Supervisors
- Employees

UPON COURSE COMPLETION

Participants will be able to:

- Describe the holistic relationship between physical health, mental well-being, and emotional fulfilment within the workplace context;
- Apply practical tools and strategies to enhance personal well-being and professional performance;
- Demonstrate comprehension of key concepts through interactive activities and discussions; and
- Develop a personalised wellness action plan for implementing holistic practices in daily routines, with ongoing support and follow-up sessions provided.



MENTAL WELLBEING

Physical Wellness

Health Set

Exercise, nutrition, medical check-ups, healthy habits

- ☑ Outcome: prevent illness & promote overall wellbeing

Emotional Wellness

Heart Set

Managing emotions & stress, fostering relationships

- ☑ Outcome: Supportive environment, where employees feel valued & heard

Financial Wellness

Financial education, budgeting, investment & savings

- ☑ Outcome: promote financial security & reduce financial stress

Environmental Wellness

Eco-friendly practices, reducing carbon footprint

- ☑ Outcome: Safe & comfortable workspace for employees

Mental Wellness

Mind Set

Mindfulness, meditation, stress reduction

- ☑ Outcome: Manage work-related challenges effectively

Spiritual Wellness

Soulfulness

Meaning & purpose in life, both personally & professionally

- ☑ Outcome: Foster sense of fulfillment & inner peace

Social Wellness

Building & maintaining positive relationships

- ☑ Outcome: Supports diversity & inclusion and promotes teamwork & collaboration

Occupational Wellness

Career goals, work-life balance, skills to thrive in workplace

- ☑ Outcome: Finding satisfaction & fulfillment in one's work

OTHER ADD-ONS:



Nutritional Wellness



Sleep Wellness



Cultural Wellness



Resilience Training



Time Management

HOBIT™ DNA

HOLISTIC BUSINESS TRANSFORMATION

Timeline: Up to 3-day course

THE COURSE

A comprehensive approach designed to enhance mental health, promote work-life balance, and transform the workplace into a joyful, healthy environment conducive to growth and healing, where employees are eager to come to work, enjoy their time and stay longer.

THE PARTICIPANTS

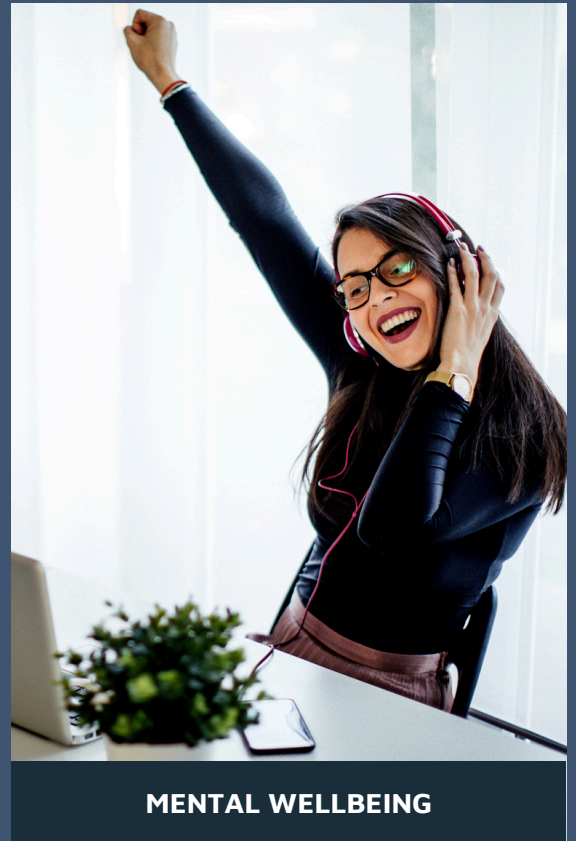
Suitable for:

- Business Owners
- Human Resources Professionals
- Organisations Leaders
- Managers & Supervisors
- Employees

UPON COURSE COMPLETION

Participants will be able to:

- Identify and prioritise key elements of HOBIT™ Culture, including happiness, noble mission, tribal dynamic, and personal development;
- Develop actionable strategies for implementing HOBIT™ Culture initiatives within the organisation, focusing on fostering a positive work environment and promoting employee well-being; and
- Create a comprehensive implementation plan for integrating HOBIT™ Culture into daily operations, with clear goals and metrics for success.



MENTAL WELLBEING

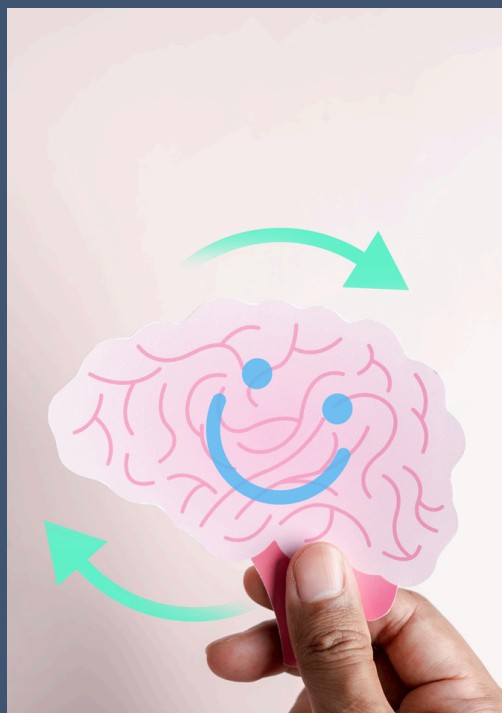
Happiness

Noble Mission, Vision & Core Values

Tribal Dynamic or Family

Personal Development

Quest (Daily, Weekly, Monthly & Quarterly)



MENTAL WELLBEING

PSYCHOLOGY FIRST AID (PFA) FOR WORKPLACE

Timeline: Up to 3-day course

THE COURSE

Designed to equip your team with essential skills for navigating challenging situations & fostering a supportive workplace environment. The course empowers participants with skills to provide immediate psychological support during crisis, fostering resilience & recovery.

THE PARTICIPANTS

Suitable for:

- Human Resource Department
- Managers
- Supervisors
- Employees

UPON COURSE COMPLETION

Participants will be able to:

- Describe 3 action principles of "Look, Listen & Link"
- List actions PFA providers take to care for self & colleagues
- Apply PFA for various crisis scenarios

ESG & MENTAL HEALTH

Timeline: Up to 3-day course

THE COURSE

This course would delve into the intersection of Environmental, Social, and Governance (ESG) principles with mental health in the workplace. It would explore strategies for integrating ESG practices to foster a supportive and resilient work environment, ultimately promoting sustainable success for both employees and the organisation

THE PARTICIPANTS

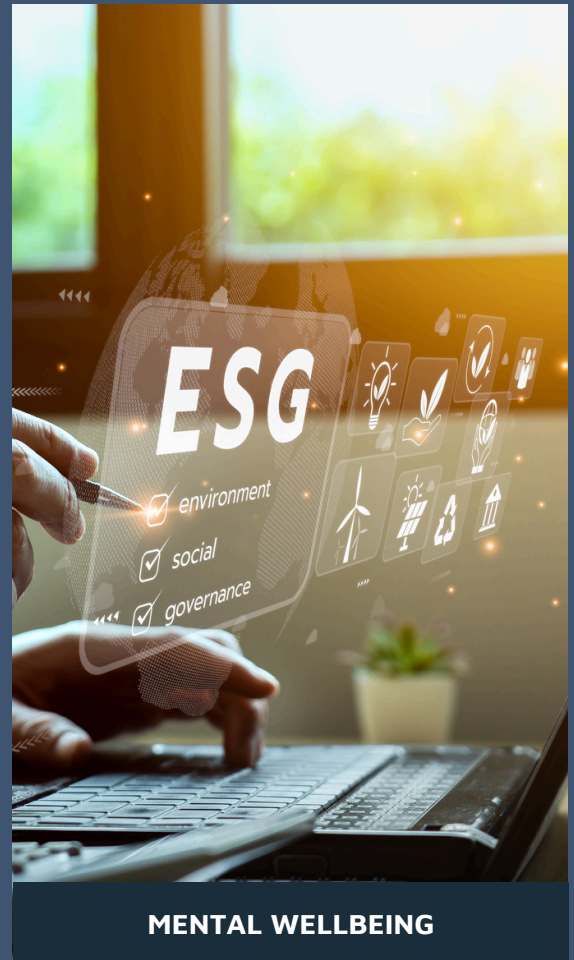
Suitable for:

- Managers
- Supervisors
- Employees

UPON COURSE COMPLETION

Participants will be able to:

- Identify the connections between ESG initiatives and employee resilience, stress management, and overall mental well-being;
- Describe strategies for promoting environmental sustainability in the workplace to create healthier physical environments and reduce exposure to toxins and pollutants, thereby fostering positive mental wellbeing;
- List out how diversity and inclusion initiatives can enhance employee well-being by promoting a sense of belonging and reducing feelings of isolation; and
- Identify the role of transparent and ethical governance practices in building trust and stability within the organisation.



MENTAL WELLBEING

Environmental Responsibility

Social Responsibility

Governance Practices

Creating a Sustainable & Supportive Workplace by Integrating ESG Principles for Enhanced Employee Well-Being

Understanding the link between ESG practices and mental health in the workplace.

Implementing environmentally sustainable initiatives to improve air quality, reduce stress, and enhance overall well-being.

Fostering a culture of diversity, equity, and inclusion to support employee mental health and create a sense of belonging.

Implementing transparent and ethical governance practices to build trust and reduce workplace stress

Measuring the impact of ESG practices on employee mental health and well-being through feedback mechanisms and assessments.

Empowering employees to participate in ESG initiatives and contribute to a positive workplace environment.

Providing resources and support for employees to manage work-related stress and maintain a healthy work-life balance within the framework of ESG principles.



SUSTAINABILITY

ENVIRONMENTAL STEWARDSHIP GREEN INITIATIVES

Timeline: Up to 3-day course

THE COURSE

Combines innovation with a commitment to environmental stewardship. Explore our advanced level Environmental Stewardship & Green Initiatives Programme, tailored to elevate your commitment to sustainability in accordance with MyHijau Malaysia guidelines

THE PARTICIPANTS

Suitable for:

- Manager
- Supervisors
- Employees
- R&D teams
- Marketing teams
- HR professionals
- Health & safety teams
- Environmental & facilities team
- Supply chain & procurement teams

UPON COURSE COMPLETION

Participants will be able to:

- List out the criteria & indicators outlines by MyHijau
- Develop tailored strategies to enhance environmental performance & ensure organisation's adherence to MyHijau certification requirements
- Strategise integration of green technologies approved by MyHijau into operations

SUSTAINABILITY PRACTICES

Timeline: Up to 3-day course

THE COURSE

Designed to empower organisations with the knowledge & strategies to integrate sustainable practices through hands-on & actionable approach into organisational operations & daily life Malaysia guidelines

THE PARTICIPANTS

Suitable for:

- Manager
- Supervisors
- Employees

UPON COURSE COMPLETION

Participants will be able to:

- Understand sustainability principles and their significance to modern businesses
- Identify practical strategies for optimise resource usage & minimising environmental impact
- Explore corporate social responsibility initiatives to align organisations with ethical and sustainable business practices



SUSTAINABILITY

ADVISORY & CONSULTANCY



HOBIT

HOLISTIC BUSINESS TRANSFORMATION

HOBIT Consultancy service empowers organisations to navigate complex business transformation effectively, to thrive amidst transformational challenges and achieve sustained success in today's ever-changing market.



70%
Business Intellectual
Management

- Bio-Energy Management**
(Business Healing - Prosperity Healing)
- Bio-Risk Management**
(Psychic Protection)
- Bio-Environmental & Spatial Management**
(Modern Feng Shui)
- Bio-Value Management**
(Manifestation & Action Mastery for Business Success)
- Bio-Business Process Management**
(Spiritual Business Management)



30%
Business Methodology
Management

- Happiness**
- Noble Mission & Vision**
- Quest**
- Personal Development & Growth**
- Tribal Dynamic**

ADVISORY & CONSULTANCY



GOOD CORPORATE GOVERNANCE

Partner with us to fortify governance frameworks and transform risk management into a strategic asset. We provide tailored recommendations to improve efficiency, transparency, and accountability in corporate governance. Through collaboration, we identify and mitigate risks, enhance decision-making, and strengthen organizational resilience.

Central to our approach is developing a Risk and Opportunity Management Plan (ROMP) to proactively manage challenges and opportunities. This plan guides risk mitigation and identifies growth opportunities, aligning with organizational goals for proactive risk management and strategic decision-making.

Governance Audits

- Our team conducts meticulous evaluations of your existing governance practices to ensure alignment with industry best practices.
- We provide advisory services tailored to the Malaysian regulatory landscape

Risk Management

- We identify & forecast various risk categories that could impact your business, including legal, environmental, market & regulatory risks.
- Our comprehensive risk analysis integrates identified risks into your existing documents, policies, procedures, and business processes.

Framework Enhancement

- We offer customised suggestions to enhance the efficiency, openness, and responsibility of your corporate governance.
- Our approach helps mitigate potential risks, enhance decision-making processes, and strengthen organisational resilience.

Continuous Improvement

- We emphasise the importance of continuous improvement through feedback loops, enhancing overall organisational resilience and adaptability

Corporate Governance Services

Risk Response Strategies

- We assist in crafting comprehensive risk response strategies aligned with your organization's risk appetite and business objectives.
- Our strategies range from risk avoidance and acceptance to reduction and transfer strategies.

Reporting Systems

- We develop sophisticated reporting systems to keep stakeholders informed about the organisation's governance and risk landscape.
- These systems provide clear, timely, and actionable information crucial for decision-making processes

Implementation Support

- We offer comprehensive guidance on implementing governance strategies and establishing robust monitoring mechanisms.
- Our services empower your risk management team to effectively implement and monitor risk control measures

Governance Policies

- We provide guidance on developing and implementing customised governance policies that comply with regulatory requirements and industry best practices

OUT OF THE OFFICE

LEARNING & DEVELOPMENT PROGRAMME



Corporate Movie Night



Picnic Extravaganza



Gamified Quest



Aromatherapy, Sound Bath & Laugh Therapy



Yoga & Meditation

CUTTING-EDGE TECHNOLOGY & TOOLS

Governance, Risk & Compliance (GRC) Software

Streamline governance processes, automate risk assessments and ensure compliance with regulatory requirements

Data Analytics and AI-Driven Solutions

To identify patterns, trends and potential risks within large datasets. Provide predictive insights, enabling proactive risk management and strategic decision-making

Blockchain Technology

Enhances transparency, security & accountability in transactions and record-keeping, offers immutable and decentralized ledgers, reducing the risk of fraud and manipulation

Cybersecurity Tools

To safeguard sensitive data and ensure the integrity of governance processes, including threat detection, vulnerability assessments and incident response capabilities

Cloud-based Collaboration Platform

Enhances communication & collaboration among stakeholders, regardless of their location, offering features such as document sharing, task management and real-time communication

Adoption of ESG Reporting Tools

To track & report on environment, social & governance performance, enables comprehensive assessments, benchmarking against industry standards and transparent reporting to stakeholders

UNIQUE VALUES

FROM HOPE LEARNING,
DEVELOPMENT & CONSULTANCY



HRDCorp Claimable Courses
Financially supported for both employers & employees



Custom Learning Solutions
Tailor-made learning & development programme catered to the unique needs of each client.



Industry Expert Facilitators & Learning & Development Specialists
Backed by a team of seasoned professionals & HRDCorp certified trainers, bringing real world insights to learning sessions



Pre- & Post-Programme Assessments
Trainees undergo pre-assessment following internationally recognised standards & guidelines for baseline measurements of mental health improvement



Collaboration with Esteemed Organisations
Collaborates closely with esteemed mental wellbeing & sustainability organisations such as Grand Parks, the Malaysian National Coalition for Mental Wellbeing, Cornell Academy & Malaysian Genomics Resource Centre Bhd



Learning Amenities
Our facilities in Mont Kiara & Genting Highlands can accommodate up to 100 participants. We have also established partnership with The Chateau Spa & Wellness Resort to utilise their 5-star facilities for hosting learning programmes



Cutting-edge Technologies
Incorporating the latest education technologies such as GDV, HRV, Neurofeedback Device, GSR, simulations & e-learning platforms to enhance learning experience



Interactive Sessions with Post Course Support
Prioritise engagement through interactive workshops, case studies, roleplay and reinforcing post-course learning with mental health app, resource hub, community forums etc.



Dual Modalities: Mental Health & Sustainability
The only training programme in Malaysia with dual modalities, emphasising on both mental health & sustainability.



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www.HopeLDC.com

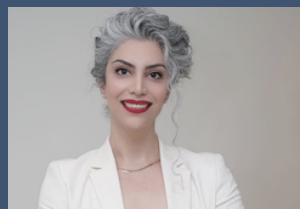
Corporate Address: Suite E-05-10, Plaza Mont Kiara, No. 2, Jalan Kiara, Mont Kiara 50480 Kuala Lumpur
 Service Address: B-3A-10, Work - Archipelago Gateway Corporate Suites, Jalan Desa Kiara, Mont Kiara, Kuala Lumpur



Datuk Jayabalan
Chairman



Eh-Sun
Managing Director & Trainer



Dr Nona Ashraf
CEO & Trainer



Dr Shila Devi
L&D Director & Trainer



Pn Siti Subaidah
Head, Mental Health Division,
Partner & Strategic Advisor



Eric Foo
Trainer & Counsellor



Dr Jacqueline
Trainer & Counsellor



Indra
Trainer & Counsellor



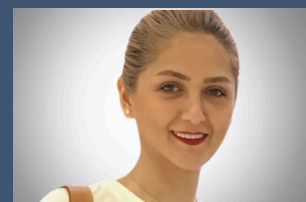
Sreedaran
Trainer & Counsellor



Prabhu
Trainer & Counsellor



Ahu
Trainer & Counsellor



Farnaz Alahmad
Trainer & Counsellor