

Training Course

SLAY THE STRESS

Mastering the Art of Staying Calm Under Pressure

In this HRDC-claimable course, learn how to take control of your stress—not the other way around. Guided by a certified clinical psychologist, you'll explore proven tools to stay calm, focused, and resilient under pressure—at work and in life.

Tuesday, 7 Oct 2025

Starting 9am – 5pm

Tenera Hotel Bangi

RM900 per pax



REGISTER NOW



016 332 8733



<https://linktr.ee/pppaz>

REGISTRATION

Name	Email
Address	
Telephone	

COURSE FEE

Early Bird:
RM900 per person
(register before 1 Sept 2025)

Normal Price:
RM1,000 per person

ATTENDEE DETAILS

Name	Mobile No
Designation	Email

Name	Mobile No
Designation	Email

Name	Mobile No
Designation	Email

CLOSING DATE

Registration will be closed on **30 Sept 2025**

REGISTER AT

Name: Hospital Islam Az-Zahrah

 pusatpakarpsikologiazahrah@gmail.com

APPROVAL OF EMPLOYER

TRAINING TOPICS	DATE(S)	DURATION	COURSE FEE
Slay The Stress: Mastering the Art of Staying Calm Under Pressure	7 Oct	1 day	RM900
SST 6%			-
		Total	RM900

Payment will be claimed from HRDF under the SBL-Khas scheme in accordance with the Allowable Cost Matrix (ACM). Any excess charges not covered by HRDF will be invoiced directly to the client. Payments should be made payable to Hospital Islam Az-Zahrah via bank transfer to **CIMB Bank (Account No.: 8605527032)** under the name **Hospital Islam Az-Zahrah**.

Signatory must be authorised on behalf of contracting organisation	
Name	Authorising Signature & Comp. Stamping
Designation	
Email	

REGISTRATION INFORMATION

Terms & Conditions

Registration

- Please complete the registration form on **Page 2**, scan it, and email it to the email address provided in this brochure.
- Confirmation of registration will be issued once the HRD Corp Grant from the employer has been approved.
- No registration will be processed without prior approval of the HRD Corp Grant application.
- Only participants with an approved HRD Corp Grant application will be allowed to attend the training workshop.

Substitution

- If the registered participant is unable to attend, a substitute delegate is allowed.
- Written notification of substitution must be provided at least **four (4) working days** before the training workshop and must be acknowledged by the organiser.

Cancellation/No-Show

- The organiser **does not provide refunds** after the HRD Corp Grant has been approved.
- If the registered participant does not attend the training workshop, they will be considered a no-show, and the Training Provider will proceed to claim the approved grant accordingly.

Certificate of Completion

- Certificates of completion will be issued **at the end of the training day** and handed over to the respective attendees, subject to their successful completion of the trainer's assessment.

Important Note

- Hospital Islam Az-Zahrah reserves the right to make last-minute changes to the program's location, facilitator, or content, or to reschedule, postpone, or cancel the program due to unforeseen circumstances. Registered participants will be notified promptly of any such changes.