

PSYCHOLOGICAL POV:

TOXIC WORKPLACE

MANAGING YOUR DIFFICULTIES MENTALLY,
EMOTIONALLY AND BEHAVIORALLY

**RM900
PER PAX**

WHAT WILL YOU LEARN?

- How to recognize signs of a toxic work environment
- The impact of toxic workplaces on mental and emotional health
- **Practical coping strategies to manage stress and burnout**
- Emotional regulation techniques for difficult workplace dynamics
- **How to respond constructively to toxic behaviors**
- Setting boundaries without burning bridges
- **When and how to seek support or exit professionally**



Date:
August 13, 2025 (Wednesday)



Time:
9:00am - 5:00pm



Location:
Tenera Hotel, Bangi

CONTACT US



+6016 332 8733



pusatpakarpsikologiazahrah@gmail.com



REGISTRATION



Name	Email
Address	
Telephone	

COURSE FEE

Early Bird:
RM900 per person
(register before 31 July 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 **8 Aug 2025**

REGISTER AT

Name: Hospital Islam Az-Zahrah

 pusatpakarpsikologiazahrah@gmail.com

APPROVAL OF EMPLOYER

TRAINING TOPICS	DATE(S)	DURATION	COURSE FEE
Toxic Workplace: Managing Your Difficulties Mentally, Emotionally and Behaviorally	13 Aug	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.