



安讯教育与科技有限公司
Axon Consultancy Sdn Bhd

STRESS MANAGEMENT FOR HEALTHCARE WORKERS

TRAINING DETAILS

Duration : 1 Days

Training Hour : 9am to 5pm

RECOMMENDED PARTICIPANTS:

- Anyone working in healthcare who wishes to **manage stress more effectively, build resilience, and enhance overall well-being** will greatly benefit from this programme



Axon Consultancy Sdn. Bhd.

(Co Reg no: 201701042497)

2-2, Plaza Usahawan Genting Kelang, Jalan Danau Naiga,
Taman Danau Saujana, 53300 Kuala Lumpur
jack@axonconsultancy.com | +6012 6159229



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Course Overview:

In the fast-paced world of healthcare, stress is a constant companion that, if unmanaged, can lead to burnout, poor performance, and decreased well-being. This programme is designed to help healthcare professionals recognize the signs of stress, understand its root causes, and develop personalized strategies for effective stress management.

Through interactive sessions, participants will explore the psychological and emotional aspects of stress, learn techniques for emotional regulation, and master resilience-building practices. The course also emphasizes how to shift mindset, prioritize effectively, and use emotions positively to unlock personal and professional growth.

Course Objectives:

By the end of this course, participants will be able to:

- Identify cause of stress
- Understand warning signs of stress
- Identify best way of stress management
- Guidelines to master emotions



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Course Outline:

Module 1: Understanding Stress & Warning Signs

- Define the stress diagnosis
- Understand the warning signs of stress
- Discuss the complication caused by unchecked or unmanaged stress

Module 2: Identifying Causes & Stress Management Approaches

- Key points to understand about stress
- Identify cause of stress
- Discuss on management of the cause

Module 3: Building Personal Strategies & Prioritization

- Identify participants individual strategies
- Manage stress by understand individual priority
- Master mindset with passion towards success the psychology

Module 4: Mastering Emotions & Positive Psychology

- What is emotions are
- What impacts emotions
- How to change our emotions
- How to use our emotions to grow

Activity : How to learn to fulfill our potential



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Trainer Portfolio: Sasikala Vijendran

Founder & Training Director | CHAN V HEALTHCARE ENTERPRISE

Sasikala Vijendran is an accomplished healthcare professional, trainer, and leader with extensive expertise in nursing, renal care, healthcare management, and training. Beginning her career as a Staff Nurse, she has steadily advanced into roles spanning facility management, clinical quality, and education. As Founder and Training Director of CHAN V Healthcare Enterprise, she is dedicated to developing healthcare professionals with the skills, knowledge, and confidence to deliver high-quality patient care. With her passion for continuous learning, Sasikala is a certified trainer and practitioner in multiple healthcare disciplines, bringing real-world clinical insights and management experience into every training session.

Professional Accreditations

Certified Lactation Counselor – National Lactation Centre, Ministry of Health Malaysia

Certified Lactation Peer Counselor – Komiti BFHI Hospital Shah Alam

Certified Advanced Cardiovascular Life Support (ACLS) – Ministry of Health Malaysia, Hospital Sungai Buloh

Certified Postnatal Care Nurse

Experienced in **MSQH Accreditation**

Experienced in **Australian Council on Healthcare Standards International (ACHSI)**



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Career Highlights

- **Yayasan St. John Ambulance Malaysia (SJAM-KPS Foundation)** – Centre Manager
- **B. Braun Avitum Renal Services Sdn Bhd** – Trainer & Quality Executive
- **Fresenius Medical Care Malaysia Sdn Bhd** – Quality Executive & Clinical Specialist Services (Trainer)
- **Davita Malaysia** – Advanced from Staff Nurse to Facility Administrator, Group Facility Administrator, and Clinical Specialist Services (Trainer, Southern Region)
- **Pusat Dialysis Gemilang** – Manager
- **National Kidney Foundation Malaysia** – Clinical Instructor for Post Basic Renal Students
- **Persada Dialysis Centre Sdn Bhd** – Staff Nurse to Senior Staff Nurse

Expertise & Training Areas

- Renal Nursing & Dialysis Management
- Healthcare Facility Management & Accreditation
- Clinical Quality & Patient Safety Standards
- Lactation Counseling & Postnatal Care
- Advanced Life Support Training
- Leadership Development for Healthcare Professionals

Why Train with Sasikala Vijendran?

Sasikala Vijendran combines **over two decades of hands-on nursing and healthcare leadership experience** with a proven track record in **clinical training, accreditation, and organizational management**. Her programs are designed to bridge the gap between theory and practice—empowering healthcare professionals to elevate standards of care, improve patient outcomes, and excel in their careers.



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