

# STRESS MANAGEMENT FOR HEALTHCARE WORKERS

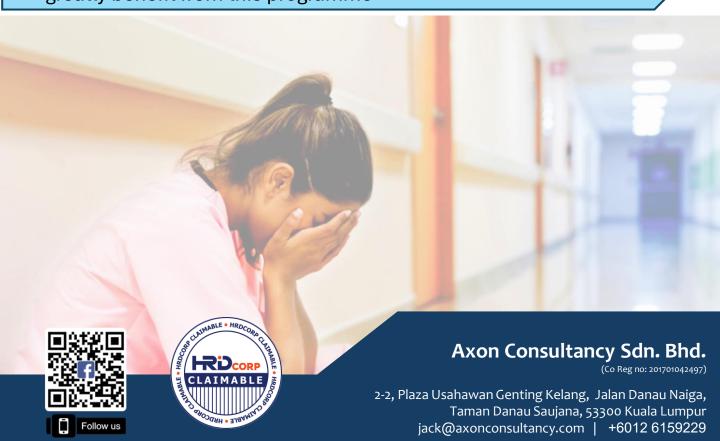
#### TRAINING DETAILS

**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





### **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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(Co Reg no: 201701042497)



#### **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 theorv practice—empowering healthcare professionals to elevate standards of care. improve patient outcomes, and excel in their careers.

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