

MENTAL HEALTH IN THE WORKPLACE: RECOGNIZING & ADDRESSING BURNOUT

Date: 23rd October 2025

Time: 7:00 PM (UTC+8)

Platform: Zoom (Link provided upon registration)

CPD Points Applied for ID & PH

Body Content:

Burnout is no longer confined to healthcare—it's affecting professionals in **every workplace**. From doctors and nurses to corporate teams, the pressures of workload, long hours, and emotional stress are taking a toll.

But burnout is not inevitable. With the right strategies, we can **recognize it early, address it effectively, and build healthier, more supportive workplaces**.

This webinar brings together insights and strategies that benefit **both healthcare providers and professionals across industries**.

What you'll learn:

-  Causes, symptoms, and early detection of workplace burnout
 -  Practical strategies to manage stress and prevent burnout
 -  The role of organizational culture in promoting well-being
 -  How peer and leadership support can build resilience at work
-

Program Highlights:

Time (UTC+8)	Program
7.00- 7.05pm	Webinar Introduction
7:05 – 7:40pm	Understanding Burnout: Causes, Symptoms & Early Detection By Dr Jared Ng Wei Lik
7:40 – 8.15pm	Strategies for Mitigating Burnout: Building a Healthier Workplace By Dr Nur Hafidah Ishak
8:15 – 8:55pm	Q&A and Discussion
8.55 – 9.00 pm	Webinar Conclusion

Topics's Speakers

Topic 1: Understanding Burnout: Causes, Symptoms & Early Detection

By Dr Jared Ng Wei Lik – Singapore

Learning Outcomes:

- Identify key causes of workplace burnout (workload, emotional stress, systemic/organizational pressures).
- Recognize early signs such as fatigue, irritability, reduced performance, and mental exhaustion.
- Learn how to screen for burnout using validated tools.
- Discuss the impact of burnout on productivity, teamwork, and overall well-being.

Topic 2: Strategies for Mitigating Burnout: Building a Healthier Workplace

By Dr Nur Hafidah Ishak – Malaysia

Learning Outcomes:

- Explore evidence-based strategies to prevent and reduce burnout (time management, mindfulness, mental health resources).
- Understand the importance of organizational support and workplace culture in reducing stress.
- Apply practical self-care and resilience techniques.
- Foster peer and leadership support to create a healthier work environment.