

ONLINE
WEBINAR
@
FACE
TO FACE



EMOTIONAL FIRST AID

Emotional First Aid is a concept and approach that focuses on providing immediate psychological and emotional support to individuals experiencing pain and emotional distress. The provision of this assistance is to offer immediate help to reduce emotional pain, alleviate suffering, and promote emotional well-being.

Emotional First Aid Concepts are used as a result of various events in life, such as rejection, loss, trauma, failure, or constant stress. By providing support and strategies, emotional first aid can prevent these emotional injuries from getting worse and aid in the healing process.



— **Ir. Kazren Jusri**
HRDcorp Psychology
Industrial Trainer



Please visit the official website at irkazren.com

OBJECTIVE



Participants understand the Meaning of Emotional Pain by exploring the nature of emotional pain, its causes and the effects it can have on mental and emotional well-being.

Participants learn techniques to reduce pain and emotional suffering as a result of painful events in order to regain emotional balance.



Promoting self-resilience in helping individuals develop coping strategies and resilience in the face of adversity.

Participants can connect individuals with professional help. Emotional first aid can guide individuals to seek professional help or therapy in mental health in dealing with their emotions.



PROGRAM GOALS



Prevents the increase of emotional problems by offering early support and guidance for avoid more serious emotional problems such as anxiety, depression or post-traumatic stress disorder (PTSD)

Provide a safe and non-judgmental space
emotional first aid creates an environment where Individuals can express their emotions without fear of judgment. This becomes a deep process emotional healing



Reducing stigma related to mental health. By discussing openly about emotional well-being, first aid emotions can help reduce associated stigma with mental health problems and encouraging to seek help when needed

For further information please contact **012 -588 0881**

Target Group

- The target group for this course is made up of organizational staff involving 20 to 40 participants.



METHODOLOGY

The learning concept uses 40% theory and 60% practical. The approach used in this program is to use the edutainment method : -



1

**Experiential
learning**

2

**Challenge
simulation**

3

**Role
Play**

4

**The
proliferation
of minds**

5

**In-class
training**

6

**Interactive
talk**

7

Workshops and activities

ARRANGEMENT HALL



STAGE



GROUP 2



GROUP 4



GROUP 1



GROUP 3



GROUP 5

SECRETARIAL

SPEAKER PROFILE



Ir. KAZREN JUSRI

**Certified Registered Counselor
HRDcorp Psychology Industrial Trainer**

Career experience in the industry began in 1995 as a Project Engineer with involvement in Project Management involving Project Planning, Project Budgeting, Project Timeframe and Project Procurement. Started own business in 1999 to date.

After being in the industry for almost 30 years, the Speaker realized the weakness of the organization in terms of emotional management. The Speaker continued his studies in the field of PhD and Master of Psychology and Counseling in the field of Human Development. This brings a new field of service which is to develop the potential in human beings by implementing 'REENGINEERING' in the field of psychology to facilitate understanding for staff and the general public.

The main mission in this training service is to provide a new point of view in terms of career concepts and life concepts so that the community feels valued and also achieves emotional harmony in giving birth true self potential.



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