

SCOPE DISTINGUISHED SPEAKERS' SERIES

Behavioural Approaches to Thriving at Work

12 December 2023

2.30 PM – 4.30 PM

Mulu Auditorium, SCOPE

PROGRAMME OVERVIEW

Thriving is about resilience, innovation and progress. It requires components such as problem-solving, resourcefulness, continued engagement in healthy habits and social connectedness. Thriving also involves putting into place, protective factors and preventive practices that maintain your subjective wellbeing. Dr Alvin Ng will share tips on how organisations can promote wellbeing, protect mental health and address psychological issues so that employees can flourish in their work environment.

OBJECTIVES

- To engage in positive psychology approaches to wellbeing at work
- To establish problem-solving as a progressive coping skill in addressing work challenges
- To normalise mental health and psychosocial support as an element of active thriving in an organisation

TRAINER PROFILE



Dr Alvin Ng Lai Oon

Department of Psychology, School of Medical and Life Sciences, Sunway University.

Dr Alvin Ng Lai Oon is a professor at the Department of Psychology, School of Medical and Life Sciences, Sunway University. He is trained as a clinical psychologist but is now a full time academic involved in teaching, research, public education and administrative roles.

KEY TAKE AWAY POINT

- Social connectedness at work is key to productivity
- Psychological safety is key to thriving
- Problem-focused coping is more productive than emotion-focus coping
- Identifying resources for help eases problem solving
- Healthy habits foster productivity and flourishing

PROGRAMME AGENDA

Time	Itinerary
2.00 PM	Registration
2.30 PM	Behavioural Approaches to Thriving at Work by Prof. Alvin
3.30 PM	Coffee Break
3.45 PM	Behavioural Approaches to Thriving at Work
4.15 PM	Q&A Session
4.30 PM	Wrap up

GLCs/Private Sector

Registration Fees

RM 200 Per Pax
Inclusive of SST

Register Before

12 DECEMBER 2023 (FRIDAY)

Target Audience

All Working Professional



SCAN HERE TO REGISTER

CONTACT PERSON

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