



PROFESSIONAL CERTIFICATION in PW-OSH®

Psychosocial Wellbeing on Occupational Safety and Health

LEVEL 1

**5 DAYS FACE TO FACE
+
2 MONTHS PRACTICAL
+
COACHING**

Across All Industries

16 – 20 JUNE 2025 • 9AM – 5PM • KUALA LUMPUR

“Safety Starts with Psychosocial Wellbeing”

The WHO estimates that depression and anxiety cause 12 billion lost workdays annually, costing \$1 trillion globally. In Occupational Safety and Health, traditional approaches have primarily focused on physical safety. However, mental health and physical safety are deeply interconnected. Employees with mental health issues face impaired focus, slower reactions, and riskier behaviours, increasing the risk of workplace accidents and injuries.

The PW-OSH® Level 1 certification equips professionals with the skills to address these challenges effectively. This 5-day internationally accredited programme trains participants to provide vital First-Line Psychosocial Support, fostering safer and healthier work environments.

**CIDB – 20 CCD Points
DOSH – 10 CEP Points**

Eligibility is subject to industry and organisational requirements.



REGISTER NOW

**RM9,800 /pax
+ 8% SST**

Group of 3+? Enjoy 5% off!

OBJECTIVES

- Drive cultural change within organisation.
- Implement evidence-based solutions.
- Apply appropriate intervention tools.

METHODOLOGIES

- Interactive learning through case studies.
- Cultural immersion and networking.
- Hands-on demonstrations and assignments.



Get in touch with us

+603-7971 3111



info@ejasia.net



www.ejasia.net

LEARNING OUTCOMES

- Ethics and multicultural competence.
- Understand hazards and controls.
- Identify and assess psychosocial hazards in the workplace.
- Build and foster positive human connections.
- Implement techniques to enhance safety, comfort, and emotional wellbeing.

HELPING SKILLS

- Master the foundational skills of assisting.
- Non-judgmental language, neutral tones, and non-verbal cues.
- Understand diverse needs.

OSH WELLBEING

- Explore ethical considerations and multicultural ethics.
- Understanding of psychosocial wellbeing within OSH.
- Hazard identification, risk assessment, and risk control.

CERTIFICATION

- ✓ Accredited by Institute of Training and Occupational Learning (ITOL), UK
- ✓ Certificate of Accomplishment by Emerging Journey Asia



OUTLINE

PERSONALITY PROFILING & MENTAL HEALTH AWARENESS

- Develop awareness and understanding of personality.
- Gain insights into behavioral and cognitive tendencies.
- Traits influence safety practices and social stigma.
- Understand the implications of stigmas on workplace.

TOOLS AND RESOURCES

- Access tools, templates, and resources to apply course knowledge.
- Receive support throughout the program to complete assignments.
- Graduate as a certified PW-OSH® Associate, ready to promote psychological wellbeing at work.

OSH INTERVENTION AND PREVENTION

- Effective coping skills to regulate mental and emotional resilience.
- Self-resilience and workplace resilience.
- Experience workplace counseling to support mental health initiatives.

TRAINERS



Adj. Prof. Dr Sangeeta Kaur (Ph.D Social Science, M.Counselling)

Dr Sangeeta Kaur has over 20 years' experience in human capital development, and mental and emotional wellbeing. A panel expert for industry agencies, her pioneering work in Psychosocial Wellbeing and Occupational Safety earned her the 2022 SME Platinum Business Award for Occupational Safety and Health Adoption.



Ms Melinda U (M.Counselling, B.Bus)

Melinda U, a certified life and business coach with 25 years of experience, specialises in management, consulting, strategic partnerships, training, and coaching. Formerly an EAP consultant, she offers expertise in organisational development and talent management, focusing on co-learning and practical application in her training sessions.



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