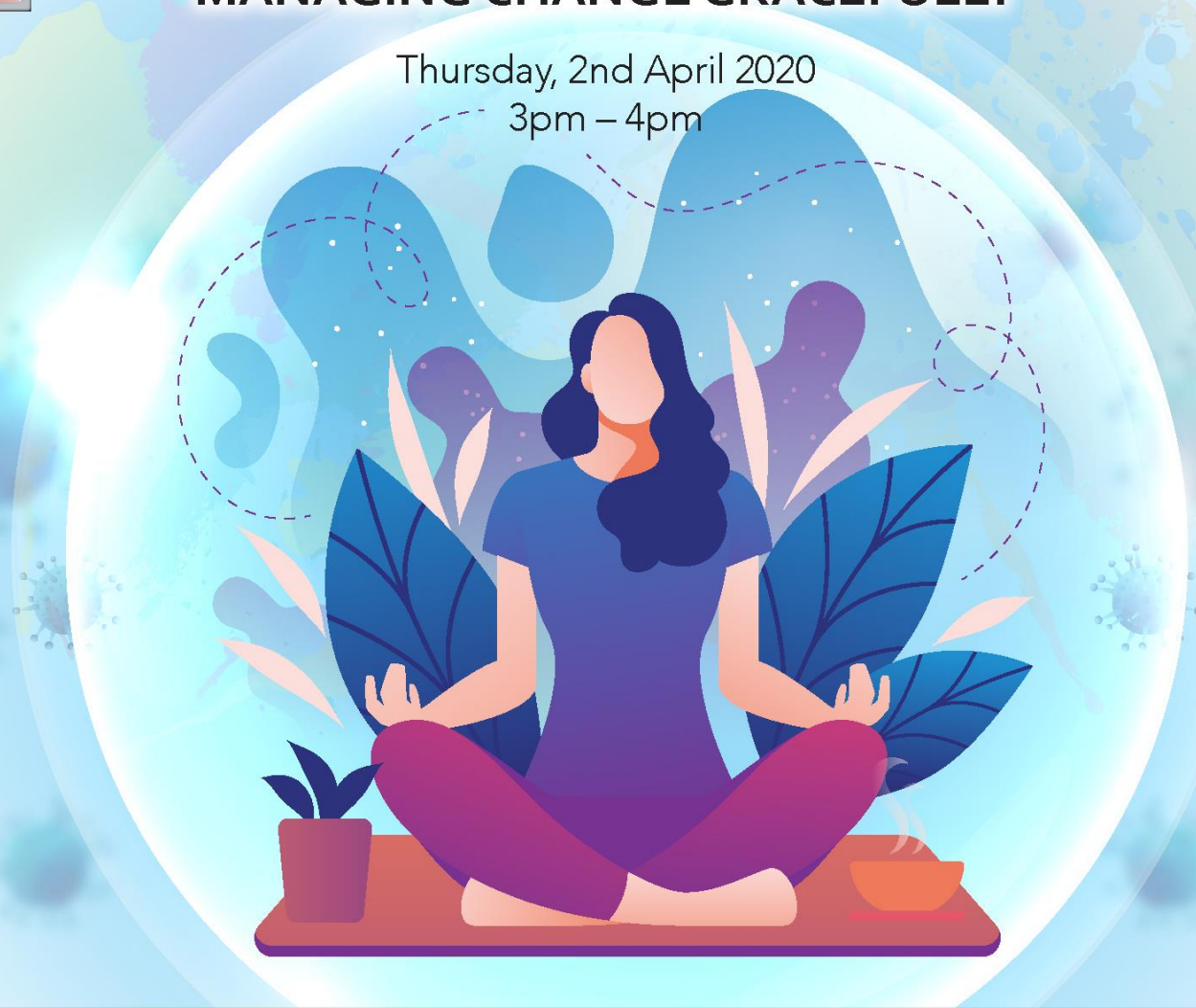




CALM IN THE STORM: MANAGING CHANGE GRACEFULLY

Thursday, 2nd April 2020
3pm – 4pm

Organised by





CALM IN THE STORM: MANAGING CHANGE GRACEFULLY

Organised by



Chin Xiuli | Clinical Psychologist

Speakers

- Clinical psychologist associate and consultant of Eunoia
- Served as a head administrator of a private counselling centre for 7 years
- Trained in Existential and Mindfulness-based approaches and Cognitive Behaviour Therapy
- Extensive clinical training with underprivileged populations and worked with survivors of domestic violence in Malaysia
- Project manager of a financial institution funded project where she conducted a series of capacity building workshop for mental health professionals to develop their skills in dealing with abused and traumatised population.



CALM IN THE STORM: MANAGING CHANGE GRACEFULLY

Organised by



Speakers

David Wong | Clinical Psychologist

- Clinical psychologist trained in Cognitive Behaviour Therapy (CBT), Adlerian Therapy and Acceptance & Commitment Therapy
- A university lecturer who enjoys promoting the healthy expression of emotions and the building of self-esteem
- Expert in Dramatherapy and enjoys using creative mediums such as LEGO®, clay and sand tray in his therapy sessions
- Extensive work experience in projects funded by financial institutions and Yayasan where he facilitated family youth support programme with the aim of building relationships with the aim of building relationships between youth and parents through interactive workshops
- Trained children in executive functioning camp to have better attention, decision making and planning skills through interactive game-based activities

MCO: Mental health aspect needs attention, says expert

NATION 

Saturday, 28 Mar 2020

5:07 PM MYT



Covid-19: Suicide case in Serdang Hospital tested negative

NATION 

Saturday, 28 Mar 2020

6:01 PM MYT

By CLARISSA CHUNG



PETALING JAYA: The 62-year-old patient under investigation (PUI) for Covid-19 who

Long queue for divorce after outbreak

COLOURS OF CHINA 

Monday, 16 Mar 2020

By Beh Yuen Hui



“LOVE is one reason a couple get married but to split up, there can be dozens of excuses.”

This is a quote I came across in a Chinese comic.

While the frontliners such as doctors and nurses were kept busy containing the Covid-19 outbreak, the laymen who had to stay home had their own challenges too.

For over a month, most Chinese hardly stepped out of their homes, as advised by the government, to stop the spread of the new pneumonia virus.

Some married couples treated the “home quarantine” as their second honeymoon and spent quality time together round the clock.

But for others, it was a nightmare.

Many of them were driven up the wall by their other halves and many relationships barely survived the difficult period.



Things WITHIN My Control

Things OUTSIDE My Control



The Ways Your Family Behave



**The Ways You
Respond &
Interact with
Family
Members**

Things WITHIN My Control

Things OUTSIDE My Control





Work Culture



**Work
Attitude**



Boss



Career Plan

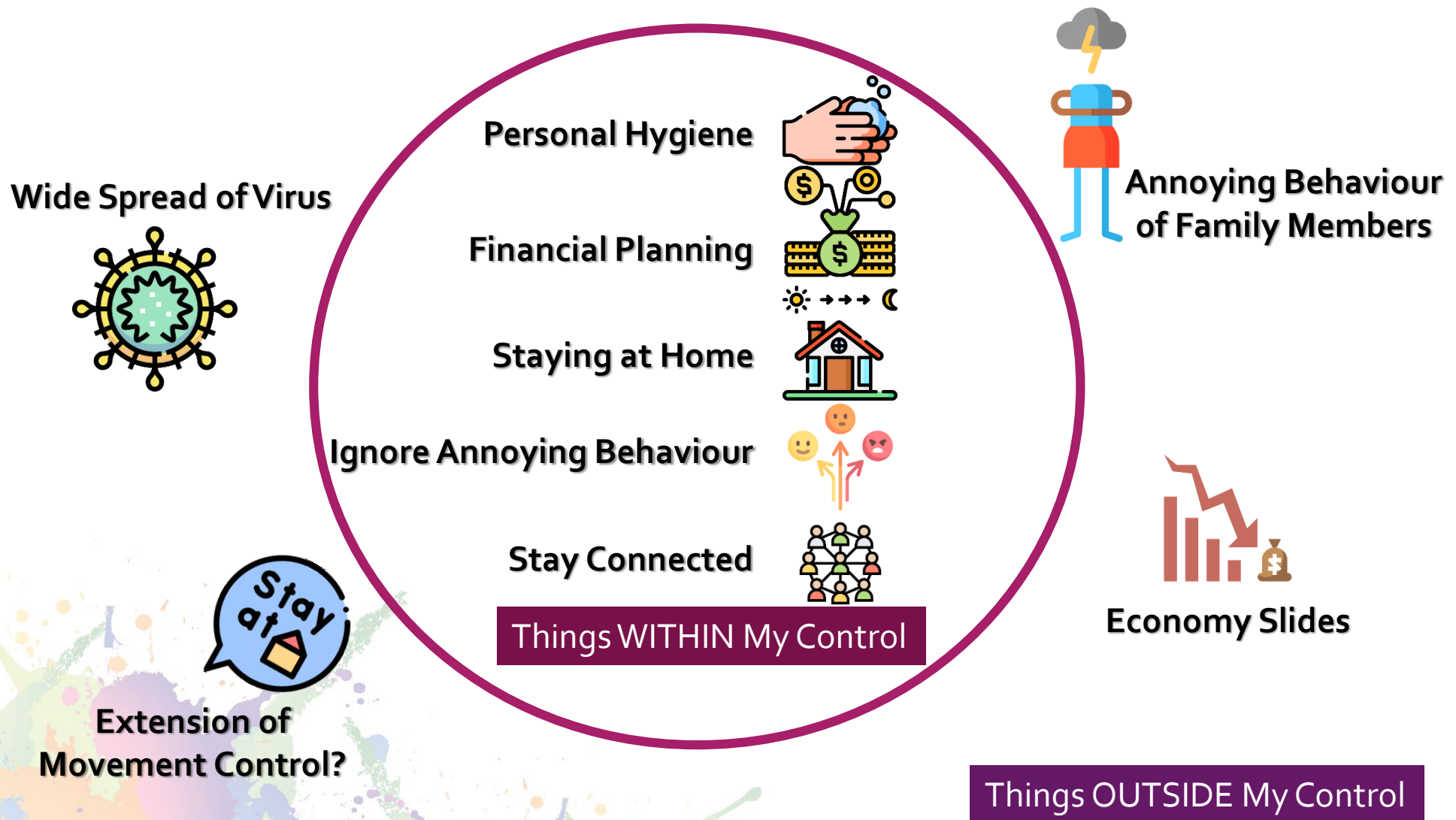
Things WITHIN My Control

Things OUTSIDE My Control



Things WITHIN My Control

Things OUTSIDE My Control





**Acknowledge &
Observe**

**“Park” Your
Emotions**

**Reconstruct
& Focus**



Sushi Train Metaphor by Dr. Russ Harris



Routine
Fun Time
Stay Connected
Reach Out

Things WITHIN My Control

Things OUTSIDE My Control

**THANK
YOU**

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Scan the QR code below to submit your feedback!

