SPIE TRAINING
FROM INSPIRATION TO RESULTS

Psychological Safety at Workplace

HRD CORP CLAIMABLE COURSE

ABOUT THE COURSE

Learn to manage workplace stress by understanding its root causes and impact on well-being and performance. Build resilience, apply practical strategies, and maintain focus to create a healthier, more productive work environment.

COURSE HIGHLIGHTS

- Understanding Stress Triggers
- Stress Management Techniques
- Resilience & Self-Care

HRD CORP COMPLIANCE INFORMATION

Scheme: SBL- Khas
Claimability: 100% claimable for HRD Corp registered employees
Requirements: Min 80% attendance , completion of all assessment modules.
Documentation: SPIE Training provides necessary attendance sheets and invoices for e- TRiS claim process

WHY THIS MATTERS

Stronger Mental Well-Being

Equip participants with the ability to navigate stress, avoid burnout, and maintain emotional balance.

Increased Workplace Productivity

A resilient workforce is more engaged, focused, and efficient.

Supportive Work Culture

Organizations that prioritize mental health see stronger collaboration, reduced absenteeism, and higher employee satisfaction.