

Peer Support at Work: Becoming A Better Listener

26 MARCH 2024 (TUESDAY)

9.30 AM – 12.30 PM

Competency: **Value (Nilai)**



Guest Speaker

Dr. Hariyati Shahrима Abdul Majid
Perunding Psikologi (Kesihatan)

OBJECTIVES



To discuss the role of peers at the workplace in improving mental well-being and work productivity



To discuss styles of communication and how these communication styles influence attitudes and behaviors



To share empathic and active listening tips that can be practiced with peers at the workplace



Meeting Number
2519 358 3414

Password
PEER2024

Meeting Link
<https://bit.ly/PEERSUPPORT2024>

Further Enquiries

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