

# WEBINAR

## “MANAGING STRESS - IN AN ENGINEERING & MAINTENANCE ENVIRONMENT”

CPD: 2.0 Hours | Ref No.: IEM20/HQ/196/T(w)

**15 OCTOBER 2020**  
**THURSDAY**  
**3 PM to 5 PM**

by **Dr. Ravinthran Mariappan**

**REGISTRATION FEES**

**IEM Member : RM 15**  
**Non-IEM Member : RM 50**

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# *Dr. Ravinthran Mariappan*



## **About Speaker:**

“Make your life simply, extraordinary”, the quote that summarizes Dr. Ravinthran Mariappan in all that he does. He has been in the aviation industry (Engineering & Maintenance) since 1991. Currently, he is with a local airline, serving as a senior executive engineer and a part time lecturer at local universities. He holds a chain of degrees such as a PhD in Business Administration, Masters in Information Technology, Bachelors of Engineering in Electrical, Electronics and Systems with Honors and, an Aircraft Maintenance Engineer License from Civil Aviation Authority Malaysia (CAAM). He started his career as a trainee engineer, established as an Licensed Aircraft Maintenance Engineer in 1994 and worked on variety level of positions, including as a station engineer in Yangon, Myanmar and MRO Change Lead and Business Lead for system and engineering process improvement. He is a registered engineer at the Board of Engineers Malaysia (BEM), a certified Professional Technologist at Malaysia Board of Technologist (MBOT), a certified Business Coach from University Malaya, certified NLP Master Coach from American Board of NLP (ABNLP), a certified Trainer by HRDF, certified Professional Manager from United Kingdom and, a certified Psycho-Spiritual Master Trainer from Islamic Science University of Malaysia (USIM) and National Anti Drug Agency of Malaysia (NADA). He is also a meditation practitioner for the past 24 years at Brahma Kumaris Malaysia, a certified Master Time Line© Therapist and a certified Master Hypnotist from American Board of Hypnotherapy (ABH). Dealing with both machines (aeroplanes) and human minds, he had developed a passion to touch every heart that he encounters. He has incorporated values into all of his trainings, seminars, coaching sessions and workshops effectively for an instant, positive outcome. He has coached & trained students (schools / colleges / public & private universities), athletes, trainee engineers, apprentices, laborers, lecturers, executives, physicians, politicians, entrepreneurs, and managers of varieties of background and schools of thinking throughout India, Sri Lanka, Singapore, Myanmar, Indonesia, Vietnam, East and West Malaysia.

## **Synopsis:**

Is stress common among engineers and technicians? If you are frequently stressed, often tired, overwhelmed by a mountain of tasks, then you are probably not effectively managing your stressors thus observing some stress related symptoms. Engineering and Maintenance environment poses unlimited levels of stress since the beginning of time. Many of us are offered with this job card of unhealthy and complex tasks that makes one feel heavy, blur, and clueless on how to move forward. How and what strategies can one learn to cope effectively with the increasing numbers of stressors? Different people react and cope differently with the same stressors. How does one manage stress at workplace and create a healthy and safe working environment? Managing stress by coping strategies and learning is like carrying your own toolbox for a specific job card. This webinar hopes to provide you some tools so that you can keep your toolbox ready when needed to perform an effective and safe job execution.

