



WEBINAR TALK ON

MANAGING STRESS IN PROJECTS

ORGANISED BY:

PROJECT MANAGEMENT TECHNICAL DIVISION

19 NOVEMBER 2021, FRIDAY
3.00PM - 5.00PM



SPEAKER :

ASSOC PROF DR. ABD RAHMAN BIN ABD RAHIM

BEM APPROVED CPD : N/A

REF NO : N/A

REGISTRATION FEE :

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SYNOPSIS

Most people feel stressed sometimes due to many reasons and some people find stress helpful or even motivating in order to keep them on their toes. Stress can cause many different symptoms and it can affect how a person feel physically, mentally and influence one's behaviour as well as relating to others and surroundings, and make decisions. Mental health includes emotional, psychological, and social well-being of the individual. Many factors contribute to mental health problems, including biological factors (such as genes or brain chemistry), life experiences (such as trauma or abuse) and family history of mental health problems. Symptoms of mental health can range from mild to severe and vary from person to person. This talk will cover topics on mental health, drivers of stress at the workplace, the symptoms, the source of stress, effect of stress on the body and some remedial actions that one can take before the situation becomes out of control.



SPEAKER'S PROFILE

Assoc. Prof Dr. Abd Rahman Abdul Rahim is an Associate Professor at UTM Razak School of Engineering and Advanced Technology, UTM Kuala Lumpur. He is also an associate lecturer at Meiji University, Tokyo, Japan since 2011. Prior to joining UTM he has worked for two multinational corporations in the area of manufacturing. He graduated with a B.Sc. in Mechanical Engineering and B.Sc. in Engineering Management from University of Evansville USA in 1988. He obtained his MSc in Manufacturing Systems Engineering from Warwick University in 1991 and his PhD from Universiti Teknologi Malaysia in 2006. He also received a Certificate in Occupational Safety and Health in Manufacturing Industries from Worksafe Western Australia in 1998. At present, he is the coordinator of Safety and Health Officer Course organized by Federation on Malaysia Manufacturers (FMM). He has conducted training throughout Malaysia in the area of Operations and Production Management, Occupational Safety and Health, Emergency Response Plan, 5-S and Housekeeping, Project Management, Total Productive Maintenance, Poka Yoke, Quality Improvement, Statistical Process Control, ISO 14000, ISO 9000, HACCP, GMP, Production Planning and Control and Method and Time Study. He is also an invited speaker at Federation of Malaysian Manufacturers (FMM), National Institute of Occupational Safety and Health (NIOSH), Malaysian Institute of Human Resource Management (MIHRM), Incorporated Society of Planters, (ISP), ALAM, UTM International Business School (IBS), UTM Chemical Engineering Pilot Plant (CEPP), Business and Advanced Technology Center (BATC), Institut Pembangunan & Pengurusan Johor (IPPJ), Prestariang and Pusat Pembangunan Tenaga Industri Johor (Puspatri). He has also conducted training for Sudan Master Technology (SMT) in Khartoum in 2014. He was an examiner and interviewer for Safety and Health Officer Competency certificate (NIOSH).