



## Virtual Master Class Details

Limited to 30 seats per masterclass. Register early to secure your seat.  
Fee: USD 400 per company, up to 5 participants per company

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## Mind First Response Training

31 March 2021 | 3 hours

2:00 PM – 5:00 PM Singapore, Malaysia, Hong Kong

11.30 AM Mumbai | 1:00 PM Bangkok, Ho Chi Minh | 3:00 PM Tokyo, Seoul

### Dr Tracie Gan

Senior Medical Advisor  
International SOS

### Sangeeta Kaur

Chief Executive Officer  
Emergenetics

### Dr Chan Yanjun

Medical Director  
International SOS



**Audience:** Line Managers, People Supervisors across various Industries

### Course Overview

The pandemic has brought upon new stressors for employees, with the isolation of working from home, fears regarding job security and concerns about the safety of their loved ones. All these can lead to the decrease in job satisfaction and productivity. How should managers handle such situations?

This course aims to equip participants with the knowledge to recognise signs and symptoms of stress, anxiety and self-harm that may be displayed by their employees. Through a mixture of lecture and role-play, managers will learn how to perform a quick assessment of their employee and apply some first response techniques as interim before a professional steps in.

### Course Outline

- Signs and symptoms of stress, anxiety and self-harm in employees
- First aid for stress, anxiety & self-harm issues faced by employees
- When to refer to professionals and what to do before that

Please note that the agenda may be subjected to changes without prior notice to participants.



## Virtual Master Class Details

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Fee: USD 250 per company, up to 5 participants per company

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## Mobility in Pandemic

20 April 2021 | 90 minutes

3:00 PM – 4:30 PM Singapore, Malaysia, Hong Kong

12:30 PM Mumbai | 2:00 PM Bangkok, Ho Chi Minh | 4:00 PM Tokyo, Seoul

### Dr David Teo

Regional Medical Director,  
Asia, International SOS



Audience: **HR Managers, EHS Managers, Mobility Managers**

### Course Overview

With the availability of vaccines, there is an opportunity for business travel to resume. But before vaccinations, what do organisations need to prepare for in the interim? How do they make travel decisions based on the COVID-19 situation in destination countries?

This course aims to equip participants with the knowledge of risk and pandemic tools available, where to access these tools and how to apply them. Participants will also learn how to monitor changes in travel restrictions and ensure their travel policies are able to support their travellers and vulnerable population accordingly.

Every organisation will be receiving an International SOS propriety toolkit that includes a decision making matrix\*. Ideal for organisations that have started business travel, or are planning to in the next 12 months.

\*Note that this does not include real-time updates of every country's pandemic status.

### Course Outline

- Introduction to various risk and pandemic tools and where to access these
- Application of International SOS propriety toolkit on each company's current decision making policies
- Establishment of support and help during travel for COVID-19 and non-COVID-19 related issues
- Development of Mobile Bubble to protect travelling employees
- Role of testing and vaccines in mobility
- Navigating travel restrictions

*Please note that the agenda may be subjected to changes without prior notice to participants.*

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