

HRD CORP CLAIMABLE



JAYNEXUS

FOR EMPLOYEES CARRYING A DOUBLE LOAD

A big share of your workforce is quietly running two full-time jobs. Nobody puts that on a leave form.

THE SANDWICH GENERATION AT WORK

Resilience for Employees Carrying a Double Load

2-Day HRD Corp Claimable Programme.
For when the pressure at home is heavier than the pressure at work.

WHAT YOU WALK AWAY WITH

1. Spot overload before it becomes resignation
2. Set boundaries at work and home without guilt
3. Build a personal support map that shares the load
4. Talk to your manager without appearing unreliable



2 Days
16 Hours



2-25 Pax
Per Run



SBL Scheme
HRD Corp Claimable



Certificate
Of Completion



Online Class
Physical Training

“ Piloted with a MNC of 500 staff — learnt how to identify, respect and mitigate overload within their team. ”

HRD Corp-accredited (TTT) trainer, grounded in Goleman's EI framework and practical resilience coaching.

Bring This To Your Whole Team

Jaynexus Sdn Bhd (201901024256)
• HRD Corp Registered Training Provider

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