



RESILIENT PRACTITIONERS MASTERING IN HIGH-STAKES PRACTICE

2
CPD POINTS

30TH APRIL 2026 (THURSDAY)

2.30 pm – 4.30 pm

Via Zoom

Dr. Arulkumaran Viapuri Speaker



- Strong clinical background supported by an MBA in Healthcare Management
- Combines medical expertise with strategic leadership
- Served as Senior Resident Medical Officer, Chief Medical Officer, and Head of Operations and Allied & Staff Health
- Designs and delivers training on workplace health, patient safety, and mental well-being
- Advocate for mental health in high-stress professions
- Conducts talks and workshops to build resilience and improve coping strategies

TOPIC OUTLINE

- Stressors in work, including heavy workloads, tight deadlines, client expectations, and adversarial settings
- How these pressures may trigger anxiety and affect mental health and performance
- Practical ways to spot early signs of anxiety
- Evidence-based methods to build resilience
- Helpful tools such as stress control, mindfulness, and steady work-life balance
- An interactive session designed to support a healthier and sustainable career

Limited to 499 pax ONLY

Registration Fee:

Members of the Bar RM30.00

Young Lawyers (3 Years & Below)
RM20.00

Pupils in Chambers RM15.00

Mary Nevasheni Moderator



Registration shall be confirmed upon receipt of complete information and proof of payment. Places are limited and registration is on a first-come, first-served basis. The SBC reserves its absolute right to modify, cancel or postpone the event due to any reasons whatsoever. No recording of the event is permitted via any means at any time. Should you have any enquiries, please contact the Secretariat at Tel: 03-55196219 or Email: secretariat@sgorbar.org