

# Mental Health In The Workplace

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Mental health at the workplace, which is often our second home, is a critical aspect of the holistic well being of all employees.

Our CHRO, Mr. Koo Chee Min, was recently featured on [www.naturalhealth.my](http://www.naturalhealth.my) sharing his experience of managing MCIS Life's workforce during the trying period of Covid-19.

He touched on, among others, the importance of cohesive brand values and an encouraging corporate culture at large, as pillars supporting the employees' mental health.



[Read more here](#)