



Research *NEWS*

Department of Research & Innovation, UTM

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Shah Alam

The Research and Innovation Department (JPI) successfully organised JPI Training Series 4/2026 on 23 June 2026, entitled "Mental Health: Emotional Intelligence in the Workplace." The session was delivered by Mr. Norhisham Ya'cob, Deputy Psychologist from the UTM Dengkil Foundation Centre.

The training provided valuable insights into mental health, highlighting it as a "silent killer" that often goes unnoticed. Participants were encouraged to recognise the importance of mental health screening as a proactive step towards maintaining personal well-being. The session also introduced the Root Number Personality activity, which helped participants better understand their personalities and communication styles. In addition, participants completed the House-Tree-Person (HTP) Drawing Test, a psychological assessment that offers insights into an individual's emotional state and behavioural tendencies.

It is hoped that the knowledge and practical insights gained from this training will enhance emotional intelligence, strengthen interpersonal relationships among staff, and foster a healthier, more empathetic, and productive workplace culture.





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