

THE AWARDS ASIA 2022

Workplace of the Year

Institution name	Universiti Malaysia Sarawak (UNIMAS)
Submission title or project name	Eudemonia & Contentment During COVID-19: Building Up resilience Amongst Staff in UNIMAS
Nominee/key personnel	Mr Azlan bin Hj Ramli, Registrar Project Members: 1. The Personnel Well-Being Unit (UKeP), UNIMAS 2. Human Resources Department, UNIMAS
URL	https://www.flickr.com/photos/unimasimage/51554352710
Submission	<p>The Covid pandemic has had an unequal impact across the workforce, as different employee groups and individuals will have been affected in diverse ways according to a number of factors.</p> <p>Improving the well-being stamina of our workforce is needed as we navigate a course through this extraordinary global challenge.</p> <p>The Personnel Well-Being Unit (UKeP) at our Human Resource Management Division was established to provide psychological and spiritual support to all the campus community – staff and students.</p> <p>Supporting wellbeing effectively requires a comprehensive approach that addresses mental health and engagement with the psychosocial considerations in this new working environment. With that in mind, UNIMAS Therapy Lounge was set up to create a holistic and effective, therapeutic, natural comforting atmosphere while giving helpful self-care advice to keep staff happy and feeling their best.</p> <p>The university – through UKeP – is making sure our staff know about the wellbeing support which is available to them.</p>