

# UMS-KAL staff attend anger management course

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**LABUAN:** Forty staff of Universiti Malaysia Sabah, Labuan International Campus (UMS-KAL) attended the Emotion Wisdom and Anger Management Course at the campus recently.

The two-day course held at the executive meeting room was conducted by the dean of human development and communication technology centre, Universiti Malaysia Perlis (UniMAP), Dr Huzili Hussin.

At the course, participants were given tips on how to control their emotions especially anger, when

they are with their colleagues at the workplace as well as in their home with their family.

Dr Huzili told the participants to create a win-win situation with their colleagues. He said avoiding gossips, rumours and the chain of slanders were among the strategy to enhance the effective communication in workplace.

"We need to abstain ourselves from labelling someone with something that is not nice to be heard and should avoid bad mouthing someone from behind and to also restrain ourselves from taking offence from jokes,"

he said.

Meanwhile, he said a good employee is someone who is consistent, approachable, not averse to giving appreciation and compliment to their colleagues, open-minded, respectful of others and obedient to his or her employer.

According to Dr Huzili, other positive values to be instilled in an employee were honesty and sincerity, generous with smiles, smart in dressing, responsibility, polite and always trying to create happy moments in the workplace.



Dr Huzili (fifth right) with the course participants.