

Kursus Cabaran dan Stress Bekerja di Rumah

24 Februari 2021 (Rabu)

Menggunakan Platform *Google Meet*

The screenshot shows a Google Meet interface. The main content is a presentation slide with a light pink background. The slide is divided into two sections: text on the left and an image on the right. The text section contains a title and a bulleted list. The image section shows a clipboard with a checklist and a pen. The right side of the screen displays a grid of participant video thumbnails, some with initials, and a list of names in the bottom right corner. The browser address bar at the top shows the URL: <https://meet.google.com/vvb-zkiz-nkk>. The presenter's name is NUR FARHANA ARDILLAH BINTI AFTAR.

Tip #1:
Responding/reacting to demand/challenge

- take note of changes
- list down tasks
- list down challenges
- develop strategies / plans

The image on the right shows a clipboard with a checklist of four items, each with a blue checkmark, and a blue pen resting on it.

Participant list (from top to bottom):

- RASMLAH BEITI ... (You)
- AHMAD FAIZAL BIN T...
- IDA HASLINDA BT M...
- JALIMAH BINTI YUS...
- MARTHA MEDI @ M...
- MASRI BIN JUDAH ...
- MAZHAR BINTI KUR...
- MICHAEL URIDI ...
- MOHAMMAD WAZR...
- MOHD AZHAR BIN S...
- MOHD. JAEROL BIN ...
- MUSA BIN USOP ...
- NONNY @ ROMILAH...
- NUR FARHANA ARD...
- NUR FARHANA ARD... (Presenting)
- NUR FARHANA ARD...
- NURZAWAIFI ATIQAH...
- ROSHANI BEITI SABL...
- RUSLI MUHAMMAD ...
- SHAHZAROL BIN LAT...
- SITI HAFIZAH MOHD...
- VIVIANI WANDI AUG...