

1st Floor, PT 1560, Jalan KK 6/1, Bandar Baru Kubang Kerian,
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Associate Professor Dr. Asrenee Ab Razak

Advisor

BTOP Wellness Sdn. Bhd.

About Me

A.P. Dr. Asrenee Ab Razak possesses extensive experience in teaching, research, and community involvement, making her a well-rounded and accomplished professional. Her years of teaching have equipped her with a strong ability to impart knowledge and guide others. Her community involvement shows a dedication to the betterment of society, demonstrating a well-rounded approach to mental health.

Education

1. PhD in Psychological Medicine (Monash University, Australia)
2. Postgraduate Specialist Training (St. Vincent Mental Health & University of Melbourne, Australia)
3. Master in Medicine (Psychiatry) (USM)
4. Medical Degree (USM)

Professional Experience

1. Deputy Dean of Research & Innovation, PPSP USM (2022 - present)
2. Deputy Chairman, Brain and Behaviour Cluster, PPSP USM (2018 - current)
3. Head of Psychiatry Department, PPSP USM (2016- 2018)
4. Teaching Associate, Faculty of Medicine Monash University Australia (2010 - 2013)
5. Specialist & Senior Medical Lecturer, USM, (2005 - 2016)
6. Trainee Lecturer, USM (2002 - 2005)
7. Medical officer, MOH (1998 - 2002)
8. House officer, MOH (1997 - 1998)

Area of Expertise

1. Social psychiatry
2. Aged psychiatry
3. Women's mental health
4. Ethnography & qualitative study

Other Involvements

1. Vice President of Persatuan Terapi Psikospiritual Malaysia (current)
2. Past President of Persatuan Perubatan Psikologi Kelantan
3. Committee Member of Malaysia Psychiatric Association (2019 - 2020)
4. Life Member for Persatuan Doktor Alumni USM
5. Life Member for Malaysia Medical Association
6. Advisor for Persatuan Perubatan Psikologi Kelantan (current)
7. Coordinator for USM Health Campus Psychological First Aid for COVID-19
8. Trainer for Psychological First Aid USM
9. Trainer and committee member for MAIK Trauma Centre
10. Trainer for Mindful Aging Training with U3A, MyAgeing UPM
11. Speaker for USM Initiative of Aging Studies
12. Speaker for various talk/webinar/TV & radio station

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Tuan Haji Rudie bin Yaakub

Managing Director BTOP Wellness Sdn. Bhd.

About Me

Tuan Haji Rudie Yaakub is a successful social entrepreneur with vast experience in corporate world and full of passion in community engagement and development, life coaching for youth, and inculcating resilience. His work highlights his dedication to using innovative solutions to address social issues, often in collaboration with community members and stakeholders. His passion for community involvement has led them to develop initiatives that engage and support youth, providing them with the skills and resources needed to achieve their full potential.

Education & Training

1. Master Business Administration (UUM)
2. Bachelors in Information Technology (UUM)
3. Professional Adolescent Counselling (Monash University, Australia)
4. Certified Community Coach (Cruyff Foundation)
5. Certified Premier Skills Coach (British Council)
6. Certified Sportability Coach (British Council)
7. Certified Active Citizen Coach (British Council)
8. Certified National Judge for Archery (National Archery Association Malaysia)

Professional Experience

1. Managing Director & Co-Founder, BTOP Wellness (2017 - present)
2. Founder, Arby Teguh Training & Consulting (2015 - present)
3. General Manager, Symphonet Sdn. Bhd. (2013 - 2015)
4. Founder, Chairman, and Advisor, Malaysia Melbourne South Eastern Community (2009- 2013)
5. State head, Lead, and Engineer, Telekom Malaysia (1996 - 2009)

Area of Expertise

1. Youth mental health
2. Youth development and growth
3. Resiliency training
4. Entrepreneurship skills
5. Organizational skills
6. Sports coaching
7. Community development and coaching

Previous Clients

1. Partnership with Yayasan Hasanah for HOPE programme in SMK Badak (2022 - 2023)
2. Partnership with ILTIZAM by Ekuinas for ACE@BTOP Programme SK Badak (2022 - 2023)
3. Partnership with British Council Premier Skills for Queen's Baton Relay Festival (2022)
4. Partnership with CHANGE Education Project for Edit Like a Pro Workshop (2022)
5. Partnership with Yayasan Hasanah for 123 Boost Me Up programme SMK Badak (2020 - 2021)
6. Partnership with Cruyff Foundation and Yayasan Hasanah for Cruyff Court Mentuan at SK Mentuan(2020)
7. MaGIC PUSH programme for B40 Development and Sustainability (2019)

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Ahmad Amierul Hazeeq bin Rudie

Manager

BTOP Wellness Sdn. Bhd.

About Me

Mr. Amierul Hazeeq takes up the manager position in BTOP and involves actively in various sports coaching for youths. With education background of accountancy and business, he excels in team management and interpersonal communication. He utilizes his wide set of skills in promoting holistic development of the local youths.

Education & Training

1. Diploma in Accountancy (UiTM)
2. BBA International Business (UiTM)
3. Sport and the Sustainable Development Goal Youth Funshop (UNESCO)
4. Sports for All (British Council)

Professional Experience

1. FAM/AFC Licence C Coach, BTOP (2017-present)
2. Youth & Task Force Member, UNESCO (2017-present)
3. Archery coach, BTOP (2017-present)

Area of Expertise

1. Sports coaching
2. Debate coaching
3. Youth sport development
4. Team management
5. Interpersonal communication
6. Coaching methodology
7. Sports education
8. Athletic Performance Enhancement

Previous Clients

1. Archery coach , SK Mentuan (2017-2019)
2. Futsal coach, Cruyff Foundation & SK Mentuan (2018 - present)
3. Football coach, SK Badak (2022 - present)
4. Debate coach, Sultan Ismail College (2016)
5. Debate coach, UiTM Machang (2019-2021)

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Hamizah binti Mohamed Noor (K.B.;P.A.)

Assistant Manager
BTOP Wellness Sdn. Bhd.

About Me

Miss Hamizah has significant experience in counselling and is actively involved in community programmes. Her expertise in youth counselling is evident in their ability to create a safe and supportive space for young people to share their concerns and receive guidance. Through her involvement in community programmes, she has demonstrated a deep commitment to improving the lives of those in her community.

Education & Training

1. Bachelor in Counselling (USIM)
2. Registered counsellor (Lembaga Kaunselor Malaysia)
3. Psychological First Aid training
4. Human Resource Management training
5. PHQ9 and GAD7 workshop
6. Instrument Development workshop

Professional Experience

1. Assistant manager & Psychological Support Officer, BTOP Wellness (2020 - present)
2. Trainee counsellor, Psychological Management Department, Ministry of Public Works.(Feb 2020 - Aug 2020)

Area of Expertise

1. Career counselling
2. Group counselling
3. Individual counselling
4. Psychometric testing
5. Art therapy
6. Play therapy

Previous Clients

1. HOPE programme, SMK Badak (2022 - 2023)
2. ACE@BTOP programme, SK Badak (2022 - 2023)
3. Edit Like a Pro, CHANGE Education Project (2022)
4. Queen's Baton Relay Festival, British Council Premier Skills (2022)
5. 123 Boost Me Up, SMK Badak (2020 - 2021)
6. Program Pembangunan Psikologi Perkhidmatan, Ministry of Public Works (2020)

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Dr. Picholas Phoa Kian Ann

Research Officer
BTOP Wellness Sdn. Bhd.

About Me

Dr. Picholas is an aspiring young researcher with a deep passion for mental health promotion and suicide prevention, especially among the youth and young adults. He hopes to raise the community's awareness toward mental health issues and combat social stigmas and misconceptions through community program.

Education & Training

1. Doctor of Medicine (USM)
2. Master of Science (Medical Psychology) (USM)
3. Mental Health First Aid (Johns Hopkins University - Coursera)
4. Suicide Prevention (Wesleyan University - Coursera)

Professional Experience

1. Content writer, BTOP Wellness (2020 - 2021)
2. Graduate research assistant, USM (2021 - 2022)
3. Medical houseman, Hospital USM (2022 - 2023)
4. Research officer, BTOP Wellness (2023 - present)

Area of Expertise

1. Youth mental health
2. Suicide prevention
3. Mental health literacy
4. Suicide literacy
5. General health and wellbeing
6. Healthy lifestyle
7. Quantitative study
8. Psychometric testing

Previous Clients

1. Speaker for Parenting Talk, SMK Badak Bachok (2023)
2. Speaker for "Teenagers, Depression, and Suicide" Mental Health Webinar, National (2021)
3. Speaker for "Mental Health Self Care", SMK Baru Miri (2021)