

MINDSET TRANSFORMATION

14-15 May 2019
Date: 4-5 September 2019

Time: 9.00 am - 5.00 pm

Venue: DreamEDGE, Cyberjaya

Code: SSA3

OVERVIEW

Our mindset dictates the way we think and therefore the running account that takes place in our head. It governs not only the way we think but also the way we act and behave and how we make our decisions. If we get into an internal monologue that is just focused on self-judgment and criticism, we have unconsciously created a fixed mindset which can be negative and self-defeating. Fixed mindset places obstacles and prevent us from achieving our goals and retarding our personal growth. On the other hand, people with growth mindset are positive and constantly self-encouraging and positive in their outlook in life. Their internal monologues are positive talks that focus on learning and constructive action and forward looking.

The course gears up participants with the knowledge and skills to maintain positive mindset and be motivated at work in order to improve the performance.

OBJECTIVE

The participant will be able to;

- Understand own and people's mindsets.
- Understand change at the personal level.
- Recognise the link between mindset and personal change.
- Understand and apply mindset change strategies.

METHODOLOGY

- Training material : English language
- Lecture : Malay and/or English language
- Activities
- Q&A

TARGET

- All employees who want to tap on their potentials for personal growth by changing their mindsets.

COURSE CONTENT

- Develop Strategies to Manage Change
- Mindset Change Concept
- Mindset Process
- Factors Influencing the Mindset
- 6 Patterns of Trapped Mind
- Success Model of Mindset Change
- Positive Mental Attitudes
- Success Through Mindset Change

LEARNING OUTCOME

At the end of the training, participant will be able to:

- Identify his/her current status of mindset and practice the techniques learned in mindset transformation.
- Make self-change by setting personal goal and attitudes change.

Organised by



REGISTER NOW!

NORMAL PRICE

RM1,750 Per Pax

*closing date : 7 May 2019
28 Aug. 2019

EARLY BIRD PRICE

RM1,550 Per Pax

*before : 7 April 2019
28 July 2019

GROUP PRICE

RM1,450 Per Pax

*min three (3) pax



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