

**LIMITED
TIME
OFFER**

YEAR END DISCOUNT

RM120.00

~~RM789.00~~

International: **USD32**

Fees are inclusive of 6% service tax



Register Online ▲

▼ Date . Time . Fee ►

29

December 2020

1pm to 5pm (MYT)

Discount ▼

•10% for organisations that send three or more participants



Virtual Effective Mindsets and Resilient Thinking in The New Normal



HRDF Claimable

In these current trying times mainly due to the ill effects of the pandemic, many are left with disturbed and stressed minds that affect the ways they think, feel and act about life and their relationships. In all of these, most positive situations are made to look bleak and this affects the outcome of performances in all dimensions.

This hands-on and effective workshop will help individuals to understand the situation, accept the situation and perform better in the New Normal. It will also leave them feeling motivated and driven to be resilient to cope with difficult times and situations.

CONTENTS

1) Understanding the concepts of mindsets and resilience in thinking

Participants will be exposed to the concepts of mindsets and resilience in thinking in relation to real life situations with real examples.

2) Understanding fixed mindsets versus growth mindsets

Participants will witness the importance to invest and enhance growth mindsets to be able to cope with the stresses and demands of the New Normal.

3) Understanding and applying the 7 types of mindsets

Participants will learn the 7 types of mindsets needed today and make real efforts to practise them in small, medium and big ways.

4) Effective techniques of developing a positive mindset

Participants will learn user-friendly and capable techniques to improve mindset and maintain its effectiveness.

5) Applying resilient thinking for better mindsets in challenging times

Participants will learn how to be resilient in thinking and to have and manage stronger mindsets by learning and applying techniques that will keep them more positive to perform better.

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