Growth Mindset: Building Confidence and Leadership Skills to Face the New Normal





About us Who we are

The Centre for Continuing and Professional Education (CPE) was established in 1999 to provide continuing professional education and lifelong learning opportunities for University's staff, students, alumni and the public. As part of TAR UMT's commitment to continuing education and lifelong learning, CPE is entrusted with designing, developing and delivering various activities, workshops and programmes to meet the diverse learning needs of multiple parties.

About This Training

More than skill alone will help us progress and move forward. It is also a coping attitude and coping skills. With the New Normal brought on by the pandemic of 2020, we see many people who cannot cope with the present pressures and changes or are so worried and stressed about the future. A Growth Mindset is about changing our "negative" or "can't be done" attitudes to "positive" and "Can Do" attitudes. It is about facing our fears and being courageous. It is not about chanting "I am great" to become great. This requires effective skills to change old habits to better and new habits. This series of 12 modular units will holistically address the skills necessary to build confidence and leadership to face the New Normal!



Date and Time

15 - 16 May 2023 Monday to Tuesday 9 AM to 5 PM



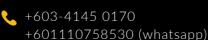
Training Venue

TAR UMT Jalan Genting Kelang, Setapak 53300 Kuala Lumpur



Trainer

Amy Wan-Ratos





COURSE CONTENTS



SELF TALK

MAKING GOOD CHOICES

ASSERTIVENESS

CRITICISM



CREATIVITY
CRITICAL THINKING
PROBLEM SOLVING
DECISION MAKING



EQ & RELATIONSHIP

RESILIENCE

CHALLENGES

Introduce our Trainer

Amy Wan-Ratos

Amy has been a trainer for almost thirty years. She holds a Masters's in Training and Human Resource Development (M. Training & HRD) from Leicester University, UK and a Bachelor of Science from Campbell University, North Carolina, USA. She founded Pinnacle Performance in 1993. Amy is a certified EQ trainer by 6 Seconds (USA), a certified NLP Practitioner from ISNS (USA), a certified PSMB trainer and a certified MasterCoach. She also holds a TAA004 certificate in Work-based Training, accredited by the Australian AWBT. Her corporate experience in Japanese and American firms instilled a fierce determination that we are all born to succeed! Amy was involved in their transformational stages to shift the paradigms of the workforce to accept and adapt to changes, cultural shocks and breakthrough goals. In Sony, she set up the pioneering training team recognised by the HQ. In Xerox, she managed the Malcolm Baldridge-awarded Customer Satisfaction program and the Leadership Thru Quality (LTQ) program. Amy has facilitated many workshops in Southeast Asia, Taiwan, Canada and the USA. Her participants are mainly managers, executives and staff from corporate clients, the public sector, GLCs and NGOs. Amy has trained organizations such as DHL, Bank Negara, Standard Chartered Bank, IDFR, HongKong Bank, 3M, UMW, Coca-Cola, KFC, Tradewinds and many more. She is a popular conference speaker on the international circuit. She also facilitates conferences/workshops for Toastmasters, the Malaysian Institute of Management (MIM) and the International Association of Facilitators. An articulate and fluent speaker, Amy has won international speech contests. She has coached and mentored speech contest winners.

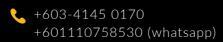


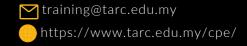
for enquiry

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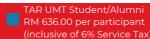
Venue: TAR UMT, Jalan Genting Kelang, Setapak, 53300 Kuala Lumpur

Date: 15 - 16 May 2023 (9.00 am - 5.00 pm)

REGISTRATION FORM

Fees:

RM 795.00 per participant (inclusive of 6% Service Tax)





The Manager

TARC Education Foundation (1033820M)

Tunku Abdul Rahman University of Management and Technology (TAR UMT)

TEL: 03-4145 0170 Email: training@tarc.edu.my

Dear Madam / Sir,

Please register the following participant(s) for the above programme: (To be completed in BLOCK LETTERS)

Name :	IC No. :	Nationality :
Email:	Mobile No. :	Designation :
Name:	IC No. :	Nationality:
Email:	Mobile No. :	Designation :
University of Management and circumstances. We will NOT BE CLAIMING from	all refund. Cancellations made thereafter will ne event of non-attendance of any registere placement(s) can be accepted at no additional additional and the control of the	Il be subjected to a cancellation fee of 50% ed participant(s) or the overall attendance ional cost if notified 24 hours prior to the ent and Technology reserves the right to form participants of the changes. would be made to Tunku Abdul Rahman bursement from HRD Corp under any
Submitted by		
Name :	Designation :	Department:
Email :	Telephone No. :	Mobile No.:
Company Name:	Company Registration No	D.:
Company Address :	Company Stamp & Signat	ture: Date: