

Virtual Public Workshop

16th & 17th Dec 2020

9.00am – 1.00pm (2 x 4-hour)

Rethink. Reset. Results™

- Practicing Positivity in Times of Change –



*Leading Change from Mind to
Muscle, to Mastery*

mq Training Coaching Consulting

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Rethink. Reset. Results™ – virtual learning details

<p>Overview</p>	<p>In challenging times the need to create a POSITIVE environment becomes critical to create an environment of PERFORMANCE ENHANCERS. This does not mean minimizing or ignoring issues and challenges at hand, instead it is about being able to do all that and being able to tap into our reserves of joy and purpose. Why? By creating a positive culture and helping employees create a positive mindset, the organisation will gain a huge COMPETITIVE ADVANTAGE.</p> <p>Happy employees are MORE CREATIVE, more productive, less fatigued, more engaged and resilient in times of CHANGE. In contrast, negativity affects productivity, creates stress and lowers creativity – this can pose a serious problem.</p> <p>According to the Mercer 2018 Singapore Employee Engagement Index, employee engagement for Singapore is at 72%, which is one of the lowest in the Asia Pacific region. What is it right now? Improving employee engagement represents a significant opportunity for growth for individuals, teams and organizations. The good news is: Positivity can be learned. Investing in your employees' happiness is an investment in growth of the organization.</p>
<p>Why Organisations use RRR to</p>	<ul style="list-style-type: none"> ▪ Build a more engaged workforce – increase engagement and motivation across the organization ▪ Build adaptability and agility – skill people with the ability to bounce back from setbacks and take a new direction - Necessary during times of transition and disruption. ▪ Reduce silos-thinking and disengaged behaviours at work which affect business results. Create a team more willing to go above and beyond.
<p>Why YOU need this workshop</p>	<ul style="list-style-type: none"> ▪ You are or your team is feeling overwhelmed, stressed or 'stuck' at work - you notice pessimism and you want to change the negative narrative to a positive, energized theme ▪ Build a Positive Mindset - create an optimistic attitude that allows you to see more options, produce better results and reach higher levels of performance ▪ Build Positive Behaviours and habits - Know what 'To Do' to be more positive, with the tools and techniques to manage your own and your team's emotions and mindset ▪ Overcome Failure - be able to be resilient in the face of setbacks at work

<p>Learning Outcomes</p>	<ul style="list-style-type: none"> ▪ Understand the importance of Positivity for yourself and the organization in times of Change ▪ Learn tools and techniques to RESET difficult situations and people, especially those outside your control - build the resilience to bounce back from setbacks and manage your own emotions and mindset ▪ Learn Practices for building positivity for yourself and your team
<p>Duration</p>	<ul style="list-style-type: none"> ▪ This virtual workshop is run over 2 days, with 4-hour per day
<p>Virtual Platform</p>	<ul style="list-style-type: none"> ▪ Zoom platform <i>(the Zoom Link details will be provided 2-day before the workshop date)</i>

Rethink. Reset. Results™ – virtual learning outline

TOPICS	DESCRIPTION
DAY 1	
Session 1	<p>ICEBREAKER and CHECK-IN (Tool #1)</p> <p>MODULE 1: DEBRIEF on Pre-work - IMPACT OF NEGATIVITY AND IMPORTANCE OF 'RESET'</p> <ul style="list-style-type: none"> ▪ Bring awareness to the participants on how their thoughts and emotions create their results. ▪ Data and evidence of impact of negativity on productivity and business. <p>MODULE 2. LIVING ABOVE THE LINE</p> <ul style="list-style-type: none"> ▪ Taking Responsibility and changing our RESPONSE-ABILITY ▪ Choosing Positivity - Creating your own 'Logic' Statements ▪ Understanding your 'Why' for positivity
STRETCH BREAK	
Session 2	<p>MODULE 3: RESETs for MENTAL RESILIENCE</p> <ul style="list-style-type: none"> ▪ Resetting our THOUGHTS <ul style="list-style-type: none"> ○ Bring awareness on how external factors and events impact choices. <ul style="list-style-type: none"> • Tool #2 - Adopting useful Presuppositions (ASSUMPTIONS) - Useful guiding Principles that helps us to be agile with mental resilience • Tool #3 RESET 101 - Words have Power - learn words to omit to stay mentally and emotionally positive

TOPICS	DESCRIPTION
DAY 2	
Session 1	<p>OPENING and CHECK-IN</p> <p>MODULE 4: RESETTING for a POSITIVE RESPONSE (to CHANGE)</p> <ul style="list-style-type: none"> ▪ Learn how to make more empowered choices and focus building and maintaining positive relationships ▪ What to DO when there are difficult situations or difficult people to handle <ul style="list-style-type: none"> ○ Tool #3 - How to Reset Your Thoughts and Emotions easily and quickly AFTER a negative encounter <ul style="list-style-type: none"> • T-F-A Tool
STRETCH BREAK	
Session 2	<p>MODULE 5: FACING CHANGE in REALITY</p> <ul style="list-style-type: none"> ▪ The ZERO DOUBT philosophy ▪ What about REALITY? <ul style="list-style-type: none"> ○ What do we do when we are impacted by events and changes outside our control? ○ What do we do when the news on the NEWS is negative? ○ What about when markets are down? The ECONOMY is in trouble? And the COMPETITION getting stiffer? <p>STRATEGIES @ Work - ACTIONS have POWER</p> <ul style="list-style-type: none"> ▪ Check-in ▪ Appreciation and Acknowledgement ▪ Exercise <p>ACTION PLANNING</p>

Rethink. Reset. Results™ – consultant profile

MEENAKSHI SARUP (Singapore based)

Trainer, Facilitator, Speaker

Qualification	Key Expertise	Partial Client List
<ul style="list-style-type: none"> • Certified facilitator in Law of Attraction (Michael J Losier), • Certified NLP Trainer (Australasian Institute of NLP) • Certified Trainer of Emotional Intelligence (6 Seconds) 	<ul style="list-style-type: none"> • She has been in corporate and public training since 2011 and has trained programmes in Communication Skills, Law of Attraction, People Management and Emotional Intelligence to a diverse audience. • Training and the development of people's potential has always been an area that she has been actively involved in, prior to starting LOA Centre SG, she has 12 years of corporate experience in Human Resources, Skill Development and Training and Quality Systems. She has gained this experience in 2 of the largest MNCs in the world today – Oracle Corporation and the TATA Group, as an internal trainer, Manager of the Training and Skill Development function and Manager Human Resources and Organizational Development • She has also been instructed in the facilitation methodologies of World Café, Open Space Technology, Appreciative Inquiry and Proaction Café and completed a 3-day training session on Interactive Training Strategies by the renowned Dr Thiagi of The Thiagi Group Inc. • She was a part of core team of practitioners hosting Pro Action Cafe in Singapore and is a member of Asia Professional Speakers Singapore (APSS). 	<ul style="list-style-type: none"> • Singapore International Foundation • Trust Energy Resources Pte Ltd • Pfizer • Wavelink Maritime Institute • Bank of Singapore • Manulife (Malaysia, Singapore) • Hewlett-Packard Asia Pacific Pte Ltd • Novartis Asia Pacific Pharmaceuticals Pte Ltd • Oracle CAPAC • Institute of Adult Learning (IAL) Singapore • Heineken • Singapore Institute of Management

ROSHINI GANESAN (Singapore based)

Communication & Personal Effectiveness Trainer, Facilitator, Coach, Consultant

Qualification	Key Expertise	Partial Client List
<ul style="list-style-type: none"> Masters in Business Administration Licensed trainer of John Kotter International's OUR ICEBERG IS MELTING™ – Changing and Succeeding Under Any Conditions (An internationally renowned programme on Leading Change) and Shawn Achor's Happiness Advantage /Orange Frog - Leading Positive Performance™ Certified Facilitator in Law of Attraction (MJ Losier) Certified Practitioner & Master Practitioner in Neuro-Linguistic Programming (Mental Kombat and Australasian Institute of NLP) Certified EQ Trainer (6Sec®) Accredited Facilitator in Think On Your Feet® (Ken Everett International) Instructed in group facilitation process of OPEN SPACE® Certified in the Profiling Tools of The Herrmann Brain Dominance Instrument (HBDI) IELTS Certified 	<p>Corporate</p> <ul style="list-style-type: none"> Has been in the corporate training business for over 15 years skilling people in the areas of business presentations, customer service, NLP Skills, and Communication Currently one of only three specially selected trainers to join an MNC's APMEA's team of external trainers to partner internal trainers there, to <u>co-train</u> their New Manager Development Programme. (Dubai, Vietnam, Thailand, Singapore, Malaysia). This unique workshop utilises the use of a simulation for participants to make Leadership decisions based on scenarios and "real-time" events, leading to an overall score reflecting the quality of their decision-making. <p>Training</p> <ul style="list-style-type: none"> Areas of expertise include: designing, developing and training presentation skills, customer service, positive thinking (Mindset), communication and writing skills. Trained in over 10 countries and mastered delivery of over 10 different training programmes. Worked with over 50 corporate clients including participants at all levels (from interns to managing directors to professors and associate professors at a respected university) Performed one-on-one / team coaching to both corporate and individual. 	<p>Malaysia & Singapore:</p> <p>Banking: Citibank, Maybank, CIMB Bank, Aberdeen Asset Management, Deutsche Bank. Bank of Singapore, Julius Baer</p> <p>Insurance: Great Eastern, Manulife, MSIG, Prudential</p> <p>Telecommunications: Celcom, DiGi</p> <p>Retail: Pan West, Li & Fung</p> <p>Health Care: SingHealth, Singapore General Hospital</p> <p>IT: CSA, INTEL, Infineon, Motorola</p> <p>Hospitality: Concorde Hotel, Sunway Holdings Berhad, Carcosa Seri Negara</p> <p>Oil and Gas: Shell</p> <p>Education: International Medical University, Singapore Management University, National University of Singapore</p> <p>Construction & Development: Selangor Dredging, Lend Lease, Lafarge</p> <p>Other MNCs: UMW, Motorola, SIA, SONY, Emerson, Dutch Lady, Abbott Laboratories, Givaudan</p> <p>Indonesia: Conoco Phillips</p> <p>Other Countries Trained Australia, US, Mozambique, India, China, Japan, Korea, Thailand, Hong Kong,</p>

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Public Workshop Details:

Date : **16TH & 17TH DEC 2020**
Time : **9.00am – 1.00pm (2 x 4-hour per day)**
Virtual Platform : Virtual Platform (Zoom)

Investment:

Investment : RM 1,200 per participant

Enquiry and Registration:

e-mail: customerservice@mq.com.my website: www.mq.com.my
To register, scan and e-mail to: customerservice@mq.com.my

Cheque for RM _____ with cheque number _____ enclosed here


Make cheque payable to:

MQ TRAINING COACHING CONSULTING

Suite 153, No 25, Jalan Anggerik Vanilla N31/N,
Kota Kemuning,
40460, Selangor

(Direct Transfer: **Maybank, Subang Taipan Branch, Acc. Number: 512361136002**)

Registration Form: Rethink. Reset. Results™ (16 th & 17 th Dec 2020)	
Name (1):	Position:
Name (2):	Position:
Name (3):	Position:
Company:	
Address:	
Contact Person:	
Phone:	Fax:
E-mail:	


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