

# MINDFULNESS & EMOTIONAL EXCELLENCE

## for Positive Mindset & Stress Management

Register Now!

**FOR ALL  
WORKING  
EMPLOYEES  
ACROSS ALL  
INDUSTRIES.**



### Overview

Mindfulness is a scientifically proven technique which is predominantly used to lower stress levels and increase brain capacity. It gives immediate inner peace and happiness to the practitioner. Long term practice of Mindfulness leads to higher order thinking skills, intensification of memory power and mind control which could be used to elevate our daily productivity and positive thoughts in us.

This Mindfulness portion provides participants insights pertinent to Stress Management, Powerful Mindfulness Techniques for relaxation and stress reduction. This program also covers the spectrum of Power of Thoughts and Positive Mental Attitude which determines our Mind Wellness.



### Course Objectives

- Improve Relationship with Others & Your Inner Self
- Obtain Knowledge about Stress and its' Impact Towards Health & Performance
- Reduce Stress Levels
- Intensification of Attention & Memory
- Acquire Techniques to Increase Feel Good Hormones
- Acquire Knowledge on Personality Types



### What will you Learn

- Impact of Stress Towards Mental and Physical Health & Productivity
- Coping Strategies & Power of Sub-Conscious Mind
- Mindfulness Techniques & Practices
- Thoughts, Emotions & Behavior
- Body, Mind & Spirit
- Cognitive Therapy Using Positive Psychology Intervention
- Personality Analysis Using LPI

## FURTHER INFORMATION :

■ MS.MAZLINA (+603-2246 3640)

■ MR.WAHYU (+603-2246 3377)

**UNIVERSITY OF MALAYA CENTRE FOR CONTINUING EDUCATION**

Level 9, Wisma R&D University of Malaya, Jalan Pantai Baharu, Kuala Lumpur.

Tel: +603-2246 3600 Fax: 03-2246 3613

Email: mazlinazh@um.edu.my/ wahyu@um.edu.my

[www.umccd.edu.my](http://www.umccd.edu.my)





# MINDFULNESS & EMOTIONAL EXCELLENCE

## for Positive Mindset & Stress Management

### Trainer



#### VIGNESWARAN KANNAN

M.Ed. (Edu. Psych.);  
 ATP-ILM (U.K.);  
 COPC (AEU-TCI);  
 PSMB TTT (No.3300);  
 IRCA (U.K) (No.A17059);  
 CLDP (CIPD, U.K.); MCP; MCSE,  
 ABNLP

Vigneswaran Kannan brings with him an extensive experience and knowledge in Training and Development. He has trained diverse groups of people from manual workers to senior management as well as highly acclaimed academic professionals.

He has trained many professionals in various soft skill programs from the International crowd ranging from countries like Australia, Brazil, Oman, UAE, Singapore, Switzerland, South Africa, Japan, South Korea, China, Mozambique, Indonesia, India, and Singapore.

His approach using Adult Learning Principles, Higher Order Thinking Skills, VAK Learning Model, NLP and Fun Teaching Techniques has brought an effective learning experience among many participants.

Vigneswaran's love and passion to nurture people through his training, coaching and consulting has helped many to achieve their goals and objectives.

### Training Investment

**RM950/pax**

This session comes with Personality Profiling worth RM400 per test which is based on 5 Factor Analysis of Psychology of Personalities. By participating in this online-test, participant will obtain a detailed personality report on them which includes strengths and weaknesses of their personality and how to improve it further to build a better inter and intra personal relationship.

To register, please email this page to us at [mazlinazh@um.edu.my](mailto:mazlinazh@um.edu.my)/  
[wahyu@um.edu.my](mailto:wahyu@um.edu.my) now. Please complete using **CAPITAL LETTERS**.  
 All fields are mandatory.

#### MINDFULNESS & EMOTIONAL EXCELLENCE FOR POSITIVE MINDSET & STRESS MANAGEMENT

Participant (s) Details (for additional participants, please make copies of this form)

	NAME/ IC NO.	MOBILE NO.
1		
2		
3		

PERSON IN CHARGE (Finance Department)      EMAIL

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PHONE (O):

FAX (O):

Name & Address of Company (or address for invoicing purpose):	Signature of Sponsor/ Applicant & Official Stamp

Payment Terms (Please indicate X CASH/CHEQUE):

 Cash  
 Cheque/ PO/ LO/ Bank Draft should be made payable to

"UMCCed " Cheque No:.....

Please notify/ send proof of payment to:

**University of Malaya Centre for Continuing Education, Level 7, Wisma R&D,  
 University of Malaya, Jalan Pantai Baharu, 59990  
 Kuala Lumpur (Attn: Finance Division)**

Account number: 8600227441 \* Bank: CIMB Islamic Bank Berhad \* Swift Code: BCBMMYKL

RECEIVED DATE	PAYMENT
<i>For Office Use Only</i>	
DISCOUNT	
Group	Early Registration

Terms and Conditions:

- Participant registration is confirmed upon receipt of registration form. Due to limited space, UMCCed advise early registration to avoid disappointment. Registration will be closed 2 weeks prior to the workshop date
- Workshop will be confirmed once UMCCed issued the Workshop Confirmation letter.
- FULL PAYMENT has to be made to UMCCed two weeks prior to the date of the workshop.  
 PLEASE NOTE: Payment must be received prior to the workshop; otherwise participants will not be allowed to enter the workshop venue
- UMCCed reserves the right to reschedule or cancel the workshop in the event of unforeseen circumstances (full fee will be refund for this cancellation); every effort will be made to inform the participants.
- Fees are NOT refundable if the participant cancel the registration. A substitute is welcomed as a replacement with prior notification
- By submitting this registration form, you have accepted and agreed to the terms and conditions as stated.
- Fees are inclusive of refreshment, lunch, certificate and workshop materials.