



SELF-LEADERSHIP

UNLOCK YOUR POTENTIAL: THE POWER OF MINDSET & SELF LEADERSHIP



MASTERING SELF LEADERSHIP FOR GROWTH

HRD REGISTERED PROGRAM: 10001441429

A THREE -DAY INTERACTIVE, INTENSIVE AND IMMERSIVE TRAINING WORKSHOP
TO EQUIP, ENABLE & EMPOWER YOU TO BECOME THE BEST VERSION OF YOURSELF



Program Overview

"Mastering Self-Leadership for Growth" is a transformative three-day intensive program designed to empower individuals to unlock their full potential to enable them to lead with purpose and confidence. Our external reality is a mirror of our internal beliefs, and many of our actions are subconsciously driven by deeply ingrained mental programs, often leading to self-sabotage and limiting our true potential. To reclaim our inherent right to success, we must first address the mind. Success is 80% psychological and 20% logical.

This transformative workshop offers a unique coaching experience aimed at systematically dismantling limiting and disempowering mindsets, attitudes, self-identity, and habits. Participants will embark on a journey of self-leadership, equipping them with proven strategies and tools to realize and manifest their fullest potential. The experience begins with an exploration of the core principles of self-leadership, offering participants the opportunity to deepen their self-awareness, recognize their strengths and weaknesses, and develop a compelling personal vision to guide their journey.

Participants will then engage in practical strategies for mind mastery, emotional regulation, and attitude adjustments. Through interactive workshops, role-playing exercises, and the creation of vision boards, attendees will gain hands-on experience in applying these concepts, fostering resilience and mental toughness. They will also craft personalized plans for effective time management, enhancing emotional intelligence, and building resilience.

The program concludes with a focus on enhancing self-motivation and fostering personal growth. Participants will explore the dynamics of intrinsic and extrinsic motivation, cultivate a growth mindset, and understand the importance of building a strong support network. Collaborative workshops and the establishment of accountability partnerships will equip attendees with actionable strategies and a comprehensive personal action plan to continue their growth beyond the program. This holistic approach ensures that participants leave with the knowledge, skills, and support needed to become the best version of themselves.

Workshop Goals

By the end of this workshop, you will be able to:

- Demonstrate enhanced self-awareness by identifying personal strengths and areas for improvement.
- Craft and articulate a clear personal vision statement and set SMART goals for personal and professional growth.
- Implement effective time management and prioritization strategies tailored to your individual needs.
- Apply emotional intelligence techniques to manage your emotions and improve interpersonal relationships.
- Develop resilience strategies to overcome setbacks and maintain mental toughness.
- Foster intrinsic motivation and maintain a growth mindset to continuously pursue learning and development.
- Build and maintain a strong support network and establish accountability partnerships to sustain progress.
- Create and follow a comprehensive personal action plan for ongoing self-leadership and personal growth.

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Through this journey, high-potential leaders will embark on a path of self-leadership, empowering them to realize and manifest their fullest potential

1	What is self leadership? Why is it important? <ul style="list-style-type: none">• How does one become a leader?• The 3 critical elements of self leadership
2	Self Leadership starts with knowing yourself <ul style="list-style-type: none">• Just who do you think you are!• How does your personality profile compare to that of the desired leader?
3	Obstacles to success <ul style="list-style-type: none">• What are the challenges and obstacles to success• Your outer world is a reflection of your inner world
4	Mind Mastery – Regaining control of your thinking <ul style="list-style-type: none">• How does one think?• Actionable insights on how to master your thinking intentionally and consciously
5	Emotional Mastery – Reclaiming control of your feelings <ul style="list-style-type: none">• Differentiating between emotions and feelings• Exercising your freedom to choose• Strategies and tools to demolish limiting Beliefs, Stories and Identities
6	Self Motivation – Deep-diving into what drives you <ul style="list-style-type: none">• What motivates you?• Maslow & Beyond• Identifying your root motivator
7	Regaining Control of Your Life – Mastering Perception & Personal Ownership <ul style="list-style-type: none">• Is life happening to you or for you?• The 2 Wolves• The 1+1+4+4 Strategy to reset the Default Operating system
8	Time Management – Getting More Done in Less Time <ul style="list-style-type: none">• If you are not early, you are late!• Don't major in minor things• Manage your priority• Do it right the first time every time• Pomodoro Technique
9	Crafting Your Blueprint for Success <ul style="list-style-type: none">• Identifying what matters most to you• Career pathing exercise• The 7 Step Framework to a complete your personal Blueprint for Life
10	Personal Agenda for Change

TURBO-CHARGING YOUR PERSONAL EFFECTIVENESS

**THE PROGRAM WILL BE FACILITATED
BY ONE OF THE FOLLOWING SENIOR TRAINERS**

OOI ENG HAI IS MANAGING DIRECTOR OF DJOY.

As a seasoned Director specializing in building strategic business direction and driving overall business development within the shipping and freight forwarding industry, Ooi Eng Hai has consistently demonstrated a knack for steering organizations towards profitability. His extensive career includes key roles such as Director of Ocean Freight at Agility Global Integrated Logistics in Malaysia, and General Manager positions at APM - Maersk Group across Malaysia, Singapore, Copenhagen, and China.



With a proven track record at the Director level, he excels in relationship-building and possess a deep understanding of the intricacies of the shipping and freight forwarding sector. His leadership style is marked by a focus on fostering strong interpersonal connections, emphasizing flexibility, empathy, and creative problem-solving. He has honed his strategic planning and organizational skills, consistently meeting and exceeding weekly, monthly, and quarterly goals.

In his managerial capacity, he has overseen the day-to-day affairs of diverse teams, ensuring productivity and profitability. This experience has equipped Ooi with the ability to interact effectively with individuals of varying personalities and backgrounds. His leadership approach centers around driving teams to excel, prioritizing productivity, and achieving results.

Ooi holds an MBA in Shipping and Logistics (2011) with Middlesex University UK and brings a wealth of experience and a proven track record of success in navigating the complexities of the shipping and freight forwarding industry. His leadership style is characterized by a combination of strategic thinking, interpersonal acumen, and a relentless drive to achieve both productivity and profitability.



COACH YIM, is an Accredited HRD Trainer who specialises in helping individuals to transform their performance and manifest their full potential.

With over 50 years of real leadership and management experience as a practitioner, trainer and coach, Yim will inspire you to aspire and help you reach the apex of your career by instilling empowering mind-set and installing enriching habits required for success and win in today's uncertain, volatile, complex and ambiguous environment.

Past graduates have described Yim's coaching style as direct, relevant, no nonsense, easy going, practical, impactful, inspirational and even fun. Yim, however, prefers to label himself as a noisy alarm clock – waking people up to their core responsibility of living to their fullest potential.

DAILY TIME-TABLE

Day 1/2 0815	REGISTRATION
0830	WORKSHOP BEGINS
1030	MORNING COFFEE BREAK
1045	WORKSHOP RESUMES
1300	LUNCH
1400	WORKSHOP RESUMES
1530	AFTERNOON TEA BREAK
1545	WORKSHOP RESUMES
1730	END OF DAY 1/2
Day 3	
0830	WORKSHOP RECONVENES
1030	MORNING COFFEE BREAK
1045	WORKSHOP RESUMES
1300	LUNCH
1400	WORKSHOP RESUMES
1530	AFTERNOON TEA BREAK
1545	WORKSHOP RESUMES
1730	END OF WORKSHOP



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TRAINING WORKSHOP

COURSE FEE: RM 3900 PER PARTICIPANT INCLUSIVE OF A PSYCHOMETRIC PERSONALITY ASSESSMENT, 2 DAILY COFFEE BREAKS, 1 DAILY LUNCH, COURSE BOOK & CERTIFICATE OF COMPLETION.

FOR EMPLOYERS CONTRIBUTING TO HRD FUND, NO PREPAYMENT IS REQUIRED. HRD CORP WILL DISBURSE THE COURSE FEE DIRECTLY TO THE TRAINING PROVIDER. ALL THAT YOU NEED TO DO IS TO APPLY FOR THE TRAINING GRANT! FOR PUBLIC TRAINING, HRD CORP WILL ALLOW EACH EMPLOYER TO ENROL UP TO 9 ATTENDEES PER CLASS.