

ADVANCED

GROWTH & MENTORS

Duration: 3 hours

1. Describe the necessity of continual growth for success
2. Develop a strategy for lifelong learning and growth, including how to find the right mentors
3. Plan how to approach a prospective mentor
4. Identify a suitable process for successful mentoring

GIVING RECOGNITION & FEEDBACK

Duration: 3 hours

1. Learn about the role and importance of giving and receiving feedback
2. Give recognition to people in a compelling way
3. Practice giving and receiving helpful and honest feedback in a positive manner

MOVING FROM CONFLICT TO COLLABORATION

Duration: 3 hours

1. Recognise the nature of conflict
2. Identify behaviours that stand in the way of handling conflicts
3. Apply 'Key Actions' to move from conflict to collaboration

BRIDGING CULTURES PART 1

Duration: 2 hours

1. Review the nature of culture and consequences of poor cross-cultural interactions
2. Learn to use a model to understand the four main contrasts in world cultures

BRIDGING CULTURES PART 2

Duration: 2 hours

1. Apply understanding of the main cultural contrasts to bridge cultural differences
2. Explore the benefits of effective cross cultural bridging



LIFE SERIES

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FOUNDATION

UNDERSTANDING MYSELF

Duration: 2 hours

1. Get to know your personality and uniqueness
2. Learn the Johari Window as a tool for increasing self-awareness
3. Reflect on your life's journey so far, the impact of our background and turning point experiences

UNDERSTANDING PERSONALITY TYPES (DISC)

Duration: 3 hours

1. Discover the different personality types including your own
2. Observe how each personality type contributes to a group or organisation
3. Explore ways to optimise working with different personality styles for positive outcomes

DEVELOPING POSITIVE ATTITUDES

Duration: 2 hours

1. Learn the critical role of attitude to success in life, including handling failures
2. Examine ways to change and improve your personal attitudes
3. Create a plan of commitment to the process of change

INTERMEDIATE

DISCOVERING MY CORE VALUES

Duration: 3 hours

1. Define the meaning and importance of values
2. Recognise how values affect your character, attitudes, priorities and goals in life
3. Identify your personal core values

DEVELOPING MY PURPOSE

Duration: 3 hours

1. Re-define success as a journey, not a destination
2. Identify your passions and strengths
3. Develop a personal purpose statement for your life

MANAGING PRIORITIES AND TIME

Duration: 3 hours

1. Discover the importance and techniques of managing time and priorities
2. Identify time-wasters and learn how to eliminate them
3. Explore scheduling tools to prepare, monitor and evaluate your time management plan
4. Share powerful time-saving habits

SHARPENING MY EQ PART 1

Duration: 2 hours

1. Define the meaning of EQ, its main domains and significance in determining success in life
2. Assess your own EQ level and identify areas for strengthening

SHARPENING MY EQ PART 2

Duration: 2 hours

1. Discuss the importance of self-control and learn tactics on how to keep a cool head
2. Sharpen social awareness by observing and understanding how people display emotions
3. Learn and practice skills to establish rapport and empathy
4. Adopt Key Actions in handling emotions under pressure

COMMUNICATING EFFECTIVELY

Duration: 2 hours

1. Establish the importance of effective communication
2. Learn and practice expressing ideas and effective listening by using 'Key Actions'