



LIFEEQUIP

MAKE THIS LIFE



#headsip

LIFE**EQUIP**

LIFEEQUIP**** is a Malaysian training and coaching organisation established in 2009 dedicated to the building of the nation's next generation of leaders. We work with youth from 13 years (junior secondary school students) until 25 years old (undergraduates and fresh graduates entering the workforce).

LIFEEQUIP**** was set up at the wake of the 2007-2008 global financial crisis – a time which exacerbated the problems Malaysia was (and still is) facing regarding the employment of its young people leaving schools and colleges. We aim to equip youth globally with essential skills for life and work. We do this through training and life coaching in the areas of life, leadership and money matters.

**PROGRAMMES
CONDUCTED
IN 22 SCHOOLS
& COLLEGES
IN 12 CITIES**

**59 SCHOOLS
& COLLEGES
REPRESENTED
IN PUBLIC
PROGRAMMES**



It is such an interesting journey - especially the financial literacy module. It has taught me a lot about financial education through a fun board game. Most people are not aware of the importance of financial literacy and how it could impact their lives... That is the most interesting part of the programme for me.

- MEOR

It was really really good. It was my first time attending this session and it really made me realise many things about myself, discovering many things I had never learnt before - such as the 5 love languages. Because of that, I actually took a childhood photo of myself and sent it to my parents because I have not been home for so long that I was starting to miss home - I then thanked them for all they had done for me.

- SUE FAYE



TRAINING COURSES



Our signature training and coaching curriculum modelled after the adventurous outdoor activity of mountain hiking and climbing with many relevant parallels that can be related to life. We are thrilled to take you through 5 stations on this journey.



CAREER

We believe that every person is called for a special purpose in life (vocation) and work (career). Therefore, we want to help people to dream, discover and dare to live out their dream vocation and career. We conduct career talks and personalised career assessments to aid in the discovery of the best fit for their educational and career decisions.

CAREER TALKS
CAREER ASSESSMENTS
CAREER DISCOVERY WORKSHOPS



LIFE

One too many people lack purpose and fizzle out in achieving their full potential. We believe that every person has an amazing purpose designed for them and will be able to reach their destiny if their purpose can be discovered and potential unlocked.

12 PROGRAMMES AVAILABLE

UNDERSTANDING MYSELF
DEVELOPING POSITIVE ATTITUDES
YOUR CORE VALUES AND LIFE PURPOSE
MANAGING PRIORITIES AND TIME
SHARPENING YOUR EQ
MOVING FROM CONFLICT TO COLLABORATION



LEADERSHIP

Everyone needs leadership skills because these are the skills that enable us to fulfill our life purpose and potential. Leadership is a choice: it directs, leads, and moves people into action. Leadership enables individuals to take ownership and responsibility over their lives and to impact other individuals, families and communities.

MORE THAN 6 PROGRAMMES AVAILABLE

WHAT'S MY DISC LEADERSHIP STYLE?
ESSENTIAL LEADERSHIP QUALITIES AND EFFECTIVE LEADERSHIP STYLES
MAKE THINGS HAPPEN
CRITICAL THINKING AND PROBLEM SOLVING
EFFECTIVE PRESENTATION



MONEY MATTERS

Smart money sense (wise money management skills) is crucial for quality of life and meaning in life. Someone once said, "Don't count your money but make your money count." As such, we look at money as an essential tool in life to help us achieve our life purpose and to make an impact in this world. Financial skills do not stop at learning how to budget and invest, but extends to learning how to build a healthy relationship with money so that it remains a beneficial tool we use, instead of a master we serve.

11 PROGRAMMES AVAILABLE

MANAGE MONEY MATTERS
SET, PLAN, APPLY FINANCIAL GOALS
MONEY, VALUES AND LIFE GOALS
TO DEBT OR NOT TO DEBT?
SMART MONEY SENSE WITH PRAXIS

**MAKE THE BEST
OF YOUR LIFE AND CAREER**

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