



**UNIVERSITI  
MALAYA**

Centre for Continuing Education



Claimable  
under  
SBL SCHEME

**Online  
Learning Course**

# Mindfulness & Emotional Excellence for Positive Mindset & Stress Management

**COURSE  
DURATION**

**3 day**

**10-12 NOVEMBER 2021**



## MR. 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

**Register Now!**

## COURSE FEES

### NORMAL RATE

**RM 300 / \$71 USD  
per day**

**GROUP PARTICIPANTS  
(MAX. 3 PAX)  
(15% DISCOUNT)**

**RM 255 / \$60 USD  
per day**

**UMCCED/UM STUDENT,  
STAFF & ALUMNI  
(40% DISCOUNT)**

**RM 180 / \$42 USD  
per day**

**DELIVERY  
METHOD**

**Interactive &  
"Action  
Learning"**



## 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 and Powerful Mindfulness Techniques for relaxation and stress reduction. This programme also covers the spectrum of Power of Thoughts and Positive Mental Attitude which determines our mind's 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 :**

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