



Claimable under SBL SCHEME

Online **Learning Course**

Mindfulness & **Emotional Excellence** for Positive Mindset & Stress Management

10-12 NOVEMBER 2021



MR. VIGNESWARAN KANNAN

M.Ed. (Edu. Psych.); COPC (AEU-TCI);



COURSE DURATION

3 day

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

- a. Improve Relationship with Others & Your Inner Self
- b. Obtain Knowledge about Stress and its Impact

owards Health & Performance

- c. Reduce Stress Levels
- d. Intensification of Attention & Memory
- e. Acquire Techniques to Increase Feel Good
- f. Acquire Knowledge on Personality Types



What will you Learn

- a. Impact of Stress Towards Mental and Physical Health & Productivity
- b. Coping Strategies & Power of Sub-Conscious Mind
- c. Mindfulness Techniques & Practices
- d. Thoughts, Emotions & Behavior
- e. Body, Mind & Spirit
- f. Cognitive Therapy Using Positive Psycholgy Intervention
- g. Personality Analysis Using LPI



ATP-ILM (U.K.); PSMB TTT (No.3300); IRCA (U.K) (No.A17059); CLDP (CIPD, U.K.); MCP; MCSE, ABNLP



COURSE FEES

NORMAL RATE

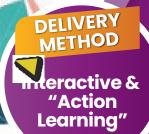
RM 300/ \$71 USD per day

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



Further Information:

UNIVERSITI MALAYA CENTRE FOR CONTINUING EDUCATION

Level 7& 9, Wisma R&D University of Malaya, Jalan Pantai Baharu, Kuala Lumpur. Tel: +603-2246 3600 Fax: 03-2246 3613

Ms. Syida **303-2246 3604**

x syidaz@um.edu.my

Ms. Mazlina **012-2367207**

www.umcced.edu.my