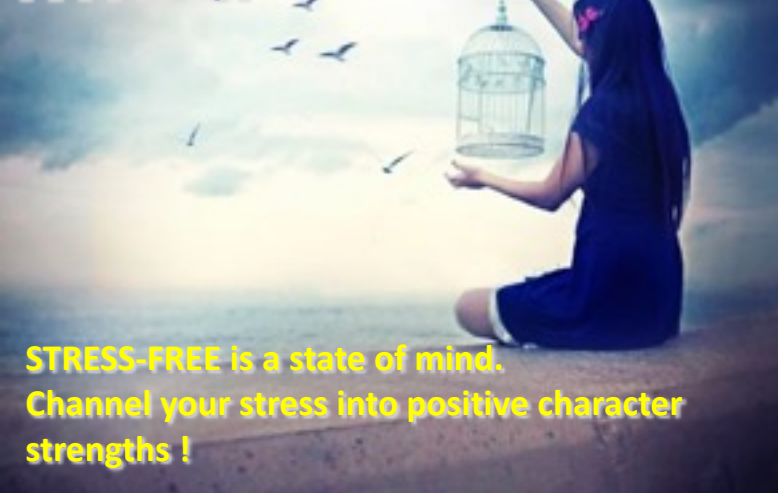




This event is
Co-organized
with:



Beautiful Mind



**STRESS-FREE is a state of mind.
Channel your stress into positive character
strengths !**

Have you ever experienced a **STRESS-FREE** day? Stress is constant, in your work and family. We often treat stress as being a negative factor in our lives. Peterson and Seligman pioneering the field of **POSITIVE PSYCHOLOGY** developed a model that leverages our character strengths which channel stress into creativity, curiosity, open-mindedness, love of learning and perspective. This program is designed to promote positive mental activities which lead to positive **VALUES in ACTION**.

How will this program **BENEFIT** you?

- Be mindful about the types of stressors in your life, expanding positive stressors while reducing the negative one;
- Explore possibilities of finding potentials to develop and use stress to grow your capability and your dreams;
- Develop mental capabilities that promotes Positive Value in Action for your work and family.

Who should **ATTEND**?

Directors, Managers, Project Managers, Project Team Members, Engineers, Consultants, Officers or anyone who like to improve their ability to manage stress and deliver positive results in various situation.

Date : 25-26 May 2016

Time : 9.00am - 5.30pm

Venue : TBA

OUTLINE

- Understand positive psychology
- Stress, stressors, burn out and measures
- Being mindful and positive coping
- Creative activities to explore roles and dreams
- Boundaries, balance and aspiration
- Knowing your self
- Using symbols and creative expression
- Making better decisions
- Turning your aspirations into reality



LEE NAN PHIN

MSC, PMP®. CSM
MNCC Council Member

LEE NAN PHIN has more than 25 years of experience in managing projects and consulting in various environments; ranging from the Government, Financial Services Industry to the Conglomerates, System Integrators and Independent Software Vendors. He was the Chairman of Malaysia National Computer Confederation Open Source Special Interest Group and members of SIRIM/TC4 committee. He is the co-author of 'Fast Track to PMP Exam Preparation', 'Managing Complex IT Project' seminar and 'PM Improvement Workshop'. He also lectures for MSc. IT Programs in Universities and Colleges. In the Project Management Training and consultancy services, NAN PHIN has chalked in more than 10 years experience and successfully delivered more than 800 PMP®.



VALERIE JAUQUES

Consultant Psychologist
Managing Director/Psychologist, Integrated Psychology Network

VALERIE JAUQUES has worked in the area of growing people and leaders for more than 25 years. Besides her own consultancy practice she has been an associate with organizations that coach leaders since 2005, working with both local and multi-national organizations. She is well-trained in stress management and executive coaching using various assessment tools to help executives to manage their conflicts, integrate their work situations and organizational culture. Valerie is also active in the area of outplacement services resulting from mergers and acquisitions. She has helped numerous organizations and their employees to successfully manage issues related to both internal and external changes as well as transitions and repositioning their future. Valerie is certified in Critical Incidence Stress Management (CISM) both from the CISM Institute as well as the UN Department of Safety and Security. She is currently pursuing a PhD in Clinical Psychology focusing on Personality Pathology Traits.

Organized by:

