



Peak Performance and Self Motivation

Monetary rewards and compensation play an important role in motivating staff. This program helps to ensure that staff become motivated to perform at their highest level. We will start by establishing the root of what truly motivates each of them to excel in their work.

Course Outline

Professional Development Series

Module 1: Inter-Personal Working Relationship

- Understanding the factors that contribute to meaningful relationships at work
- Guidelines to a better working relationship

Module 2: Effective Communication

- Learn How To Enjoy Working
- Principles of “how to enjoy working”
- Applying the “FISH Philosophy” at the workplace

Module 3: BUILDING A COHESIVE TEAM for leading towards a better future

Module 4: Motivating You and Others To Lead With Excellence

- What is Motivation?
- Motivational Techniques to Perform
- Action plan and Summarisation of all Lessons

Training Methodology

To ensure that you receive maximum benefits, audio-visual equipment and presentations will be introduced to highlight important principles, together with discussions and brainstorming sessions.

Who Should Attend?

Work-Life-Balance: This program is designed for every level of the workforce who needs to refresh their purpose of lives and to feel rejuvenated & motivated at work.

Personal Development Series

Module 1: The Power Of the Human Mind for Self Motivation

- The “Creative Thinking” mode enables participants to shift their mind for self-motivation
- Understanding their human mind capabilities

Module 2: Positive Outlook & Behaviour Change

- Importance of having team vision, mission and values of high performance.
- Practical group activity

Module 3: Personal Values & Self Belief

- Importance of Personal Values in Life Motivation
- Strengthening and applying top values to be a top professional in their line of business

Module 4: Purpose of Life

- Law of Attraction
- Law of Cause and Effect
- Law of Universe

2-day Program | 9am – 5pm

For more information, kindly contact:-

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**This course is eligible for HRDF*