

EQ MINDFULNESS

Leadership Training



A MINDFULNESS-BASED EMOTIONAL INTELLIGENCE LEADERSHIP TRAINING

Situation:

In the era of ever-changing competitive landscape, leaders today are operating in highly stressful work situations. Our workplace is churning out burnt-out employees, who report little bandwidth for big-picture thinking, innovation, good understanding among each other and building strong harmonious culture. The skills to work with our mind, our emotions, and others are essential but have been greatly undermined and rarely developed among leaders. According to the Gallup survey in 2013, 70% of employees are disengaged, leading to lower level of productivity, innovation, and wellbeing, while only 8% of the respondents strongly agree that they experience overall wellbeing at work. The disconnect among employees has led to a vicious cycle of stress and suboptimal work performance.

Proposed Solution:

Based on brain science and successful implementation in the Fortune 500 companies, we believe that mindfulness training is an

important tool to equip everyone to adapt to high degree of complexity in today world. We provide mindfulness trainings to train leaders on emotional intelligence, positive mindset, clarity of thought, resilience, and building “resonant leadership”. The Mindfulness-Based Leadership Training course would help leaders to increase emotional competency, optimize productivity and lead teams effectively through enhanced understanding and work relationship between the leaders and their employees.

WHAT IS MINDFULNESS?

Mindfulness means Paying attention on purpose in the Present moment with an accepting and open mind, non-judgmentally. Mindfulness has been applied as a therapeutic method in mainstream medicine for the past 30 years. It has also been used increasingly as an antidote for handling relentless pressure and information overload at workplace. The rapidly growing scientific evidence has demonstrated that mindfulness can effectively help to promote mental focus and emotional regulation, thus improving creativity and productivity, immunity system as well as relationship satisfaction. In the

past few years, more than a hundred MPs and members of the House of Lords have taken mindfulness courses in the British Parliament. Most importantly, the recent Mindful Nation UK report from the All-Party Parliamentary Group (MAAPG) has recommended Mindfulness to be considered as the basis for the national policy in Britain. <http://www.mindful.org/mindful-nation-uk-report-on-mental-health-in-public-policy/>

The Application of Mindfulness in the Business World:

Some of the distinguished business schools such as Harvard Business School and New York University Stern School of Business have started to include mindfulness subject in their curriculum. Google, Intel, and SAP are among many other leading organizations that have adopted mindfulness based leadership training. Google has its own in-house mindfulness training called Search Inside Yourself that has been highly appraised by its employees, leading to the birth of SIYLI (Search Inside Yourself Leadership Institute) in recent years.

WHO SHOULD ATTEND?

It is recommended to anyone that wishes to improve their productivity both at home and at their workplace.



COURSE DESIGN

The training program was developed based on Google based Search Inside Yourself curriculum and Mindfulness-based Cognitive Therapy course from Oxford Mindfulness Center (OMC).

COURSE OBJECTIVES

The training program which integrates simple, yet practical and scientifically validated Mindfulness-Based Emotional Intelligence techniques with the aim to :

- (i) Promote mental focus and emotional competency at workplace.
- (ii) Increase creativity and productivity
- (iii) Achieve balance and resilience, both at work and in personal life.
- (iv) Improve good mental/physical health and life quality.
- (v) Promote good leadership skills and healthy working environment.

COURSE OFFERINGS

1) 2-hour Introductory Mindfulness-Based Emotional Intelligence Workshop

This workshop will cover fundamentals as below:

- Introduction to MINDFULNESS & Emotional Intelligence
- How to improve focus and attention
- How to manage stress and negative emotions
- Integrating Mindfulness into your daily activities
- Mindful workplace

2) Full 2-Day Mindfulness-Based Emotional Intelligence Leadership Training Workshop

This extensive workshop will cover:

1. Introduction to Mindfulness and Emotional Intelligence
2. The use of Mindfulness to develop Emotional Intelligence
3. The Science of Mindfulness
4. Mindfulness as the basis of Self-Awareness
5. Emotional Regulation: From Compulsion to Choice
6. Motivation at work
7. The Cultivation of Positive Psychology in Intrapersonal and Interpersonal Relationships
8. Sustainable Leadership Development: Integrating Mindfulness into your daily life

Mindfulness techniques include: Body Awareness, 3-Minute Living Space , Dynamic meditation, Orange Peel Meditation, Mindful Conversation, Empathetic Listening, Mindful Journaling, Mindful-checking email, Mindful meeting etc.





DR. YEOH KAR KHENG

TRAINER'S PROFILE

He obtained his doctorate degree in Organic Chemistry from University of Oxford, UK. He joined the School of Chemical Sciences, Universiti Sains Malaysia (USM) as a Senior Lecturer. In addition to his professional career, he has over 15 years of experience in practicing and teaching Mindfulness. He completed a Mindfulness-Based Cognitive Therapy (MBCT) training at Oxford Mindfulness Center, UK. He is also a world renowned SIYLI (Search Inside Yourself Leadership Institute <https://siyli.org/>), USA. SIY is a scientific based mindfulness and emotional intelligence curriculum that was developed and tested at Google, of which is currently one of the most popular, impactful and highly rated programs focusing on well-being and high performance sustainability.

Dr Yeoh is the founder and project leader of Mindful@Sejahtera – A Mindfulness-Based Emotional Intelligence and Wellness Program for promoting good mental health in his university and the local communities in Malaysia. He is also the founder and trainer of Mindfulness for Everyone Program at D'Home Mental Health Association, Penang, Malaysia. Recently, he has developed Mindfulness-Based Emotional Intelligence Leadership Training for leadership development, performance as well as productivity sustenance in the corporate world. He has also developed and conducted the first Mandarin Mindfulness course **正念** EQ in Malaysia. He has been invited to deliver mindfulness talks and workshops in various universities, schools, hospitals, non-profit organizations and international conferences. In Malaysia, where he resides, he is a pioneer in providing secular mindfulness trainings (individual, public & corporate) and has frequently been featured in local magazines and newspapers.

Website: <https://mindfulsejahtera.wordpress.com/mindfulworkplace/>
This training program is HRDF Claimable.

For further information, please contact

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PREVIOUS KEY DELIVERIES



2-hour Introductory Mindfulness Workshop at Intel (Malaysia). 10 August 2015



2-Day Mindfulness Training for the senior management team of Intel (Malaysia). 14 & 21 April 2014



Mindfulness workshop for corporate leaders (Central, Hong Kong). 4 June 2015



Happy & Vibrant Penang, a public talk on MINDFULNESS (Malaysia). 20 September 2015



Mindfulness workshop for the Medical Team in Universiti Sains Malaysia. 28 August 2015



Mindfulness training for National Union of the Teaching Profession. 24 May 2015



Mindfulness training at the Institute of Islamic Understanding Malaysia (IKIM). 18-19 August 2014



Mindfulness training for Royal Institution of Surveyors Malaysia. 21 March 2015

TESTIMONIES

“Mindfulness is a simple yet effective concept that can be realized in our everyday lives. More importantly, you do not need extra resources to adopt it. I believe that it will be good for the productivity and wellbeing of the University at large scale if all the staff take the initiative to understand ‘mindful living’ and implement it in their daily lives.”

Professor Dr R. Abdullah, Director of Nav 6, USM

“We need the company to adopt and embrace this Mindfulness culture and behaviours in order to maximize the team spirit.”

K. S. Lim, Accounts Payable and Fixed Assets Accounting Team Leader, Intel

“Dr Yeoh really knows the theories and real world implications of Mindfulness well. The 2-day session was well designed. Highly recommended to All leaders as their words and actions will have an Important impact on others.”

Alfred Ong, Finance Manager, Intel

“Prior to the Mindfulness practice, I used to have shoulder pain very often, especially when I was rushing for deadlines. But now, my shoulder pain is gone! Perhaps this was because when I did the Body Scan, I could feel my shoulder was “cracking” away the stress. This is really amazing!”

Professor C. S. Lim, School of Educational Studies, USM

“Through the Mindfulness training, I have gained new information , understanding and confidence in addressing my anxiety and sleeping problem. The Mindfulness practices taught in the course are very helpful in keeping me calm and relaxed. After a few weeks into the Mindfulness journey, I was pleasantly surprised that I could have a good night sleep without any medication.”

B. C. Lim, Operations Director (retired), a US multinational company

“An outstanding workshop. Fully recommended to Everyone. Combination of physical activity and the lecture is fantastic. It certainly helps you to find peace and reduce your stress in life.”

K.H. Tan, Engineering Manager, Jabil AMS

“ The content of the Mindfulness training is exceptionally respectful and educational in helping us to identify the issues from cross functional perspectives.”

Sister Cyrilla, Mission Awareness Coordinator, Mount Miriam Cancer Hospital