

WOMEN
INSPIRING
WOMEN
PROGRAMME

Big Tulip

2018

*CIPD - OTHMAN YEOP ABDULLAH
GRADUATE SCHOOL OF BUSINESS
Masterclass in Building Resilience*

Learning How to Manage Pressure
& Optimise Performance

Venue :

IMPIANA HOTEL KLCC

Date :

2 & 3 JULY 2018

Building Resilience

The demands of the modern working environment often call upon us to do more with less. This challenges our performance, particularly during peak workloads. This programme allows participants to raise their awareness around stress, pressure and challenge, recognise their own resilience strategies and actively integrate new techniques to build resilience and enable their and others optimal performance..

Enhanced physical focus can be achieved when one pays attention to their nutrition, recovery and movement. Managing one's own energy and emotional state increases one's ability to respond to stressors and handle relationships more effectively. Recognising one's own thought patterns and exercising control helps direct focus and performance. Using the Resilience Roadmap participants will learn how to apply daily techniques that will help develop new habits and build their own and others resilience.

Day 1

Introduction to resilience

- Definitions
- Builders and Breakers
- Resilience model

Module 1 – Fundamentals of physical energy

- Body – Discipline
- Movement, recovery and nutrition

Module 2 – Practise emotional awareness and control

- Heart – Passion
- Energy, HRV, Heart-Brain-Performance, Heart-Brain-Emotions
- Quick coherence technique

Day

Module 3 – Mental focus and perspective

- Mind - focus
- Flow, follows, focus
- The science of performance
- The flow genome

Module 4 – Demonstrate social connection and support

- Social – Playful
- Personal presence, connection, social support

Recap & Reflect

Course objectives:

When executives and managers seek help with becoming the best leader they can be, they increasingly turn to HR coach-mentors for support and guidance. HR coach-mentors offer one-on-one planning, feedback and assessment for high-level executives, managers and supervisors, addressing human resource issues and opportunities that affect an entire organisation.

Who is it for:

HR professionals, managers and employees who need to remain optimistic, curious and motivated under pressure. Individuals who need to optimise their performance at work ensuring a healthy body, heart and mind. Anyone who is interested in the science of optimal performance and who wants to be in flow more often.

Duration: 2 days

Language: English

Course benefits:

- Manage the fundamental components of physical energy
- Practise emotional awareness and control
- Maintain appropriate mental focus and perspective
- Demonstrate social connection and support

Trainer



Imogen Maresch, MBA

- CIPD Asia Associate
- Certified SEI EQ Assessor
- Certified SEI 360 Assessor & Leadership Vital Signs Assessor

Imogen is an experienced change management and employee engagement specialist with a strong emphasis on coaching and empowering leadership executives to fulfil their own and their teams' potential. Together with her Emotional Intelligence Practitioner status, Imogen brings a wealth of personal experience gained in senior roles in both the private and public sectors, in the UK and Singapore.

Her knowledge, skills and experience mean she can support and challenge people to discover and apply new perspectives and develop the skills and confidence to realise potential - and she is passionate about doing so.

Having lived in Singapore since 2008, Imogen has designed and delivered development programmes to meet the learning needs of learners from a range of industries and cultures across Asia and the Middle East. She coaches leaders from different multinational organisations to overcome challenges, realise opportunities and, ultimately, improve performance at work. Her approach draws on contemporary neuroscience, using deep understanding of how the brain works to support people in gaining greater self-awareness and choice. This includes techniques to improve stress management, enhance resilience and increase mindfulness in organisations.

Prior to moving to Singapore, Imogen worked at the heart of UK Government, where she held a high-profile role working in the Cabinet Office as a Strategic Communication Advisor. During this time, she led a programme to embed an approach to Employee Engagement across the UK Civil Service. Previous clients also include the Royal Navy, for whom she led a highly-acclaimed change programme to improve recruitment of Naval personnel.

In her spare time, she volunteers as a mentor on a programme that supports the professional development of women in Singapore.

- EQ Certified Practitioner with 6 Seconds International (Certified SEI EQ Assessor, SEI 360 Assessor & Leadership Vital Signs Assessor)
- Applied Neuroscience for Coaches: one-year programme led by Prof Paul Brown
- Coaching to Excellence: Foundations of Integral Coaching
- Team Management Systems - TMS® Accredited Assessor & trainer
- PRINCE2 Project Management Accredited Practitioner



D i s t i n c t i v e l y D i f f e r e n t

PROGRAMME FEE PER PARTICIPANT

CATEGORY	Programme fee + 6% GST	Total fee per participant
SUPERSAVER – SUPERSAVER – SUPERSAVER FEE REGISTER BEFORE 10 JUNE 2018	RM3000 + 6%GST	RM3180.00
NORMAL FEE Registrations received after 10 JUNE 2018	RM3500.00 + 6%GST	RM3710.00

Closing Date: 20 JUNE 2018

Payment to be made to: Universiti Utara Malaysia

Bank: Bank Islam Malaysia Berhad Account Number: 02093010000010

Kindly email proof of payment to: saharah@uum.edu.my

For More information on High Impact Executive Education, Customised and Post Graduate Programmes

Please contact:

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ABOUT OYAGSB

OYAGSB is a graduate school of business that offers academic programmes at the postgraduate level. Our programme portfolios include Master of Business Administration (MBA), Doctor of Business Administration (DBA), Doctor of Philosophy (PhD), and Doctor of Management (D Management). We take pride that our programme portfolios are recognised locally by the Malaysian Qualification Agency (MQA) and internationally by international accreditation bodies of AACSB, AMBA, and ABEST21, signifying our position among the top business schools in the world. in a responsible and sustainable manner.

ABOUT CIPD

Championing better work and working lives


We're the professional body for experts in people at work. For more than 100 years, we've been [championing better work and working lives](#) by setting professional standards for HR and people development, as well as driving positive change in the world of work.

With hubs in the UK, Ireland, Middle East and Asia, we're the career partner of choice for more than 145,000 members around the world. We're the only body in the world that can award Chartered status to individual HR and L&D professionals, and our independent research and insights make us trusted advisers to governments and employers.



D i s t i n c t i v e l y D i f f e r e n t

REGISTRATION FORM

CIPD – OYAGSB MASTERCLASS IN BUILDING RESILIENCE		2 & 3 JULY 2018 (9.00AM – 5.00PM)			
Programme Location	Programme Name	Programme Code	Fee Per Registrant (A) Includes 6% GST	No. of Registrants (B)	Fee = A x B
IMPIANA KLCC KUALA LUMPUR	CIPD – OYAGSB MASTERCLASS IN BUILDING RESILIENCE 	MBR/2018	Supersaver RM3180.00 (RM3000 + 6%GST) (register by 10/6/2018) Normal fee RM3710.00 (RM3500 + 6% GST)		
			Total		

ORGANIZATION INFORMATION / DETAILS

Organisation Name	
Address 1	
Address 2	
Name of Person Authorised to Sign Form	
Email Address	
Contact Tel Number & Fax	

Details of Registrants (you may also email the Registrant details)

Name (as in IC/passport)	NRIC / Passport Number	MAH Membership Number	Email Address

Kindly complete and email this form before 10 JUNE 2018 FOR SUPERSAVERS! Email: saharah@uum.edu.my (Tel: 04-928 7156) or badrie@uum.edu.my (017-3691386)

Cancellation Policy and Postponement of Programme

Because attendance at *this* programme requires significant advance preparation, refunds are not permitted. Invoice once issued can't be cancelled except for exceptional reasons. Registrants who cancel less than **7 days in advance** may nominate an acceptable substitute or attend a future session of the same programme within one calendar year.

Organiser reserves the right to postpone the programme 2 weeks before programme dates, if there are insufficient registrations.