

SELF-COACHING FOR BETTER MENTAL WELL-BEING

Want to remain calmer and more productive amidst busy schedules and unpredictable changes?

 **15 JULY 2026 (WED)**




 **9:30 AM - 4:00 PM**

 **Hextar Hall, PJ**

 **RM 699 / PAX**

In today's fast-paced world, mental well-being is **essential for thriving, not just surviving.** Let's learn it now!

Join our workshop and unlock practical tools to:

-  Learn self-coaching to keep ourselves productive when our support system is unavailable.
-  Enhance focus and enjoy better mental well-being.
-  Build resilience through proven coaching techniques.

Empower yourself to lead a balanced, energized life starting today!

Register now and take the first step toward lasting mental mastery.



**TRAINER:
MR. KUA THENG HONG**

- Former Country Manager for Gillette Malaysia
- Former General Manager for L'Oreal Malaysia
- Certified Neuro-Linguistic Programming (NLP) from ABNLP
- Previous relevant workshops conducted:
 - 'Coping With Uncertainties In Business And Personal Life'
 - 'Parental Coaching'
 - 'Psychology Of Change'



ENQUIRIES:

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REGISTER NOW!



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