

DNA Habits of Highly Successful People

The fastest way to develop a habit is to work on it consistently on a daily basis for no less than 21 consecutive days! The question however is, "what are the habits we should be nurturing in life so that we spend our most precious time meaningfully?"

Once a habit of life has been formed, it stays with us for the rest of our life. Making improvements to the habits and raising the quality of the habits will help us to become more conversant with them in knowledge and practice, hence, improving our chances of making a bigger positive difference in our career and life.

Success is not an accident that one has unconsciously bumped into. It is carefully and consciously cultivated over time through good decision making processes based on successful habits. Great people have simple but great habits. They consistently do them well and rise above the rest.

You can be one of the success 'GREATS' in this world!

Programme Outline:

- **Sensorial Habits**
 - Remaining open to continuous learning
 - Gathering data through all senses
- **Understanding Habits**
 - Listening with empathy and understanding
 - Thinking interdependently
- **Controlling Habits**
 - Persisting
 - Taking a responsible risks
 - Managing impulsivity
- **Cognitive Habits**
 - Applying past knowledge to new situations
 - Questioning and posing problems
 - Thinking about your thinking
- **Exact Habits**
 - Striving for Accuracy and Precision
 - Thinking and communicating with clarity and precision
- **Supple Habits**
 - Thinking flexibility
 - Creating, imagining and innovating
 - Responding with wonderment and awe
- **Silly Habits**
 - Finding humour

8 February 2012

The Pacific Sutera, Kota Kinabalu

9 February 2012

Four Points by Sheraton, Kuching

9am to 5pm

Fee - RM350

SPEAKER'S PROFILE

MR NICHOLAS CHOO

Nicholas has been in the training profession for more than 25 years. He not only conducts training, but has created many original and novel training packages on personal and interpersonal life skills development, character and teambuilding development, leadership development, vision casting, strategic planning and creative presentation skills.

Nicholas excels in conducting motivational talks. These include talks on areas related to stress and anger management, time management, successful attitudes, leadership skills, interpersonal and communication skills. In addition, he also does a repertoire of leadership training packages for educators, teachers, leaders, employers and employees. He is always described by his participants as an interesting, humorous and an inspiring communicator.

Nicholas Choo is based in Singapore and holds a B.A. in Psychology from Trent University, Canada. He is a certified Train-the-Trainer Administrator for DISC Personality Profile Insight and Trainer Equipper of World Teach. He is a much sought-after trainer by educational institutes, hotels, insurance companies, corporate and non-profit organisations.



Organised by:



FEE

NORMAL RATE	RM350.00 per participant (inclusive of 1 lunch and 2 tea-breaks)
EARLY BIRD RATE	RM330.00 per participant on paid registration by 17 January 2012 .

PAYMENT/ CANCELLATION OF REGISTRATION

- ◆ All cheques should be crossed and made payable to **ADROIT GLOBAL NETWORK SDN BHD** and received prior the event.
- ◆ Cancellation must be made in writing.
- ◆ Full refund for cancellation received at least 14 days before the training.
- ◆ 50% refund for cancellation received less than 7 to 14 days before the training.
- ◆ No refund for cancellation received less than 7 days before the training but a substitute participant will be accepted at no extra cost.

REGISTRATION FORM

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Please tick: 8 February 2012 - The Pacific Sutera, Kota Kinabalu
 9 February 2012 - Four Points by Sheraton, Kuching

Company:		Contact Person:
Address:		Designation:
Tel:	Fax:	Email:
No. of participants:		Total Cost: RM
NAMES		DESIGNATION
1.		
2.		
3.		
4.		
5.		
6.		
Authorised Signatory:		Date:

THE ORGANISER RESERVES THE RIGHT TO AMEND OR CANCEL THE EVENT DUE TO UNFORESEEN CIRCUMSTANCES

Organiser



ADROIT GLOBAL NETWORK SDN BHD
1st & 2nd Floor, Unit 41, RH Plaza
Lorong Lapangan Terbang 1
93250 Kuching, Sarawak, Malaysia
Tel: 6082 462712 / 452712 Fax: 6082 463712
HP: 6012 8928484
Email: adroitconsultation@gmail.com
Website: www.adroitglobalnetwork.com.my