

20 September 2010

**Hyatt Regency Kinabalu,
Kota Kinabalu**

21 September 2010

**Four Points by Sheraton,
Kuching**

9am - 5pm

RM350 ONLY!

"It's not stress that kills us, it is our reaction to it."

Hans Selye

When bad things happen in our lives, we can be devastated or fortified, depending on how we manage times of great distress. We need to step out of our 'blame zones' and focus on the purpose of living.

This 1-day workshop covers Stress Management Skills as well as Counseling skills for times of adversity when life can become extremely stressful. Whether in the home or in the workplace, Stress Management Strategies can be our life-saver and as indispensable as a first aid box!

Course outline:

- ◆ Take stock of your life
- ◆ Do bad things happen to good people?
- ◆ Manage the unforeseen
- ◆ Build support structures in your life
- ◆ Take "time-out!" moments
- ◆ Remain positively happy in every season of life
- ◆ Be purpose driven
- ◆ Refocus your lenses

Developing Leadership In You

Time Out! Staying Sane In A Stressful World

Speaker's Profile

Mrs Joyce Chow



Mrs Joyce Chow is a widely experienced trainer and speaker for more than 10 years. She is specialised in 3 core areas: Personal Development and Motivation, Family Life and Senior Citizens.

Her programme on developing self-esteem and self awareness, leadership skills, stress, anger and time management, social graces, personal grooming and etiquette, workplace effectiveness, teamwork and building meaningful relationships are widely received and much enjoyed by participants across Malaysia, Singapore, Thailand, Indonesia, Australia and Canada. She is positive and lively in her approach and is always described by her audience as an inspiring, interactive, energetic and relevant communicator.

Prior to being a corporate trainer, Joyce has been an educator, education consultant and program writer in Singapore. She presently serves as a Resource Speaker with several of the Singapore government agencies, educational bodies, corporate companies and non-profit organisations. She owns her own training consultancy, specializing in English enrichment, drama and life skills training.

ORGANISER :



ADROIT GLOBAL NETWORK SDN BHD (INCORPORATED IN MALAYSIA)
(Formerly known as Adroit & Associates Sdn Bhd)
1st & 2nd Floors, Unit 41, RH Plaza
Lrg Lpg Terbang 1, 82650 Kuching, Sarawak, Malaysia
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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 30 August 2010 .

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

Developing Leadership in YOU - Time Out! Staying Sane in a Stressful World

Please tick: 20 September 2010 - Hyatt Regency Kinabalu, Kota Kinabalu

21 September 2010 - 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 (SO. NO. 589457-M)
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