



# NAVIGATING CHANGE WITH NLP

21<sup>st</sup> AUGUST 2025 | 9.00AM – 5.00PM | MEF ACADEMY, PJ

*Empowering Minds to Embrace Change With Confidence and Clarity*

*Change is the only constant in today's dynamic workplace. Navigating it effectively requires more than just strategies; it demands a shift in mindset. This interactive program integrates the power of Neuro-Linguistic Programming (NLP) with the psychology of change to help individuals and leaders reframe challenges, build emotional resilience, and lead with confidence.*

## Who Should Attend

- Team Leaders and Supervisors
- HR and L&D Professionals
- Managers responsible for driving change
- Professionals undergoing organizational transition
- Individuals seeking mindset tools to adapt and thrive in uncertainty

## Learning Outcomes

By the end of this one-day program, participants will be able to:

- Understand how the psychology of change impacts behavior and mindset
- Apply NLP techniques to reframe limiting beliefs and negative thought patterns
- Strengthen personal resilience and adaptability
- Shift from a fixed to a growth-oriented mindset
- Communicate and influence effectively during periods of uncertainty

**RM 1,000.00\***

Inclusive of SST per participant  
HRDF Claimable  
Payable to MEF Academy Sdn. Bhd.

Scan to Register



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For more information, please contact:



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## Course Structure

Welcome and Ice Breaker (8.30 – 9.00)		
<b>Module 1</b> Introduction to NLP & Change Management	9.00 – 9.30	<ul style="list-style-type: none"> <li>What is NLP and why it works</li> <li>The mind-body-language connection</li> <li>Overview of change dynamics in organizations</li> </ul>
<b>Module 2</b> The Psychology of Change	9.30 – 10.30	<ul style="list-style-type: none"> <li>Emotional stages of change</li> <li>How people respond differently to uncertainty</li> <li>The role of perception and subconscious filters</li> </ul>
Tea Break (10.30 – 10.45)		
<b>Module 3</b> Growth Mindset vs. Fixed Mindset	10.45 – 12.00	<ul style="list-style-type: none"> <li>Characteristics of both mindsets</li> <li>NLP language patterns that foster growth</li> <li>Reframing failures into feedback</li> </ul>
Lunch Break (12.00 – 13.00)		
<b>Module 4</b> NLP Techniques for Change	13.00 – 14.30	<ul style="list-style-type: none"> <li>Anchoring confidence and calmness</li> <li>Swish Pattern for overcoming limiting thoughts</li> <li>Visualization for change readiness</li> </ul>
<b>Module 5</b> Building Emotional Resilience	14.30 – 15.30	<ul style="list-style-type: none"> <li>Identifying emotional triggers</li> <li>Circle of Excellence technique</li> <li>Managing internal dialogue and stress</li> </ul>
Tea Break (15.30 – 15.45)		
<b>Module 6</b> Leading Others Through Change	15.45 – 16.30	<ul style="list-style-type: none"> <li>Communicating change using NLP meta-models</li> <li>Building rapport and trust</li> <li>Encouraging team adaptability and morale</li> </ul>
<b>Reflection &amp; Wrap-Up</b>	16.30 – 17.00	<ul style="list-style-type: none"> <li>Key takeaways</li> <li>Sharing of personal action plans</li> <li>Q&amp;A</li> </ul>

## Trainer Profile



Ms. Chong Wan Ling is a highly experienced professional with a rich background spanning more than 13 years in the higher education industry. Passionate in both academia and business development, she is dedicated to leveraging her expertise to make a positive impact on society by providing top-quality education and fostering opportunities to all learners.

Her expertise extends to business development, where she has successfully identified and pursued opportunities for growth and expansion. With a keen understanding of the importance of continuous learning and professional development, Ms. Chong has played a pivotal role in designing and implementing training initiatives aimed at enhancing the skills and capabilities of staff and leaders alike. Her innovative approach to training delivery ensures that participants are actively engaged and equipped with practical skills that can be applied in real-world scenarios.

