



# THINK

## CULTIVATING POSITIVE WORK ATTITUDE

21-22 July 2025 | 9.00AM - 5.00PM | MEFA Training Center, PJ

### Objectives

*(The objective of the training on "Cultivating Positive Work Attitude" is to help participants develop a constructive mindset that enhances individual performance and fosters a healthy, productive work environment. The training aims to increase awareness of how attitudes influence behavior, teamwork, and organizational success. Participants will learn practical techniques to stay motivated, handle challenges positively, and contribute to a respectful, solution-oriented culture. By the end of the session, employees will be better equipped to take personal responsibility, show initiative, and maintain a positive outlook that supports both personal growth and collective workplace goals..*

### Who Should Attend

- All Top Management
- All Department Managers / HOD
- Key Stake Holders
- Customer Engagement Professionals
- HR Professionals

### Learning Outcomes

- Understanding the Power of Attitude
- Self-Awareness and Mindset
- Building Emotional Resilience
- Fostering Accountability and Initiative
- Enhancing Workplace Relationships
- Creating a Positive Work Environment

### Course Registration

<https://forms.office.com/r/0BXGvZnNMD>



**RM 1,900\***

(Price Inclusive of 8% SST)

\*Course fee is claimable under HRDC



adminmefa@mef.org.my



03-7498 7242 / 016 - 254 1844

## Course Structure

Time	Agenda – Day 1
8.30am	Registration
9.00am	Course Introduction / Ice Breaking
9.30am	Module 1 The Power Of Attitude In The Workplace
10.50am	Coffee Break
11.00am	Module 2 : Emotional Intelligence & Self-awareness
12.00pm	Module 3 : Resilience & Overcoming Workplace Challenges
1.00pm	Lunch Break
2.00pm	Group Review
2.30pm	Module 4 : Positive Communication & Teamwork
3.30pm	Tea Break
3.40pm	MODULE 5 : Gamification: “The Teamwork Puzzle Race”
4.30pm	Q&A Session
5.00pm	Session End

Time	Agenda – Day 2
8.30am	Registration
9.00am	Refresh Day 1 Training
9.30am	Module 6 : Workplace Ethics & Professionalism
10.45am	Coffee Break
11.00am	Module 7 : Problem-solving With A Positive Mindset
1.00pm	Lunch Break
2.00pm	Module 8 : Leadership & Influence Through Positivity
3.45pm	Tea Break
4.00pm	Module 9 : Action Planning & Commitment To Positivity
4.45pm	Summary / Q&A Session
5.00pm	Session End

## Trainer Profile



With over 30 years of professional experience, Jaiendran @ Jay is a dynamic trainer, consultant, and operational expert with a proven track record of transforming organizations and empowering individuals. His career spans leadership roles across diverse industries, specializing in operations management, leadership development, and personal growth. He is known for his ability to simplify complex challenges and deliver practical, results-driven solutions that help individuals and teams achieve their full potential.

He believe in empowering individuals and organizations through practical, interactive, and results-driven training sessions. By tailoring my delivery to diverse learning styles and focusing on actionable skills, I create a rich, engaging, and transformative learning experience. My sessions are designed to inspire growth, instill confidence, and equip participants with tools for sustainable success. Leadership. Transformation. Impact. Jay’s career reflects his passion for empowering others and his dedication to driving excellence. Whether in corporate boardrooms or operational settings, his approach consistently delivers measurable results.

Training areas

