



CULTIVATING POSITIVE WORK ATTITUDE

25-26 FEB 2026 | 9.00AM - 5.00PM |
MEFA TRAINING CENTER, PJ

Course Overview

This program 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 behaviour, 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 initiatives, 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 Stakeholders
- Customer Engagement Professionals
- HR Professionals

Learning Outcomes

Participants will be able to :

- Understand 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/r7jvSpAEBQQ>

RM2,000*

(Price Inclusive of 8% SST)

HRDC Claimable*



adminmefa@mef.org.my



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Course Structure

Time	Agenda
DAY 1	
8:30am - 9:00am	Registration
9:00am - 10:30am	MODULE 1: <ul style="list-style-type: none"> The Power of Attitude in the Workplace
10:45am - 11:00am	Coffee Break
11:00am - 12:00pm	MODULE 2: <ul style="list-style-type: none"> Emotional Intelligence & Self-Awareness
12:00pm - 1:00pm	MODULE 3: <ul style="list-style-type: none"> Resilience & Overcoming Workplace Challenges
1:00pm - 2:00pm	Lunch Break
2:00pm - 3:30pm	MODULE 4: <ul style="list-style-type: none"> Positive Communication & Teamwork
3:30pm - 3:45pm	Tea Break
3:45pm - 5:00pm	MODULE 5: <ul style="list-style-type: none"> Gamification: "The Teamwork Puzzle Race" Summary / Q&A Session
DAY 2	
8:30am - 9:00am	Registration
9:00am - 9:30am	Refresh Day 1 Training
9:30am - 10:45am	MODULE 6: <ul style="list-style-type: none"> Workplace Ethics & Professionalism
10:45am - 11:00am	Coffee Break
11:00am - 1:00pm	MODULE 7: <ul style="list-style-type: none"> Problem-solving with a Positive Mindset
1:00pm - 2:00pm	Lunch Break
2:00pm - 3:30pm	MODULE 8: <ul style="list-style-type: none"> Leadership & Influence Through Positivity
3:30pm - 3:45pm	Tea Break
3:45pm - 5:00pm	MODULE 9: <ul style="list-style-type: none"> Action Planning & Commitment to Positivity Summary/Q&A Session

Trainer Profile



VIGNESH K VELAYUTHAN

An experienced trainer with 25 years' leadership experience across MNCs and hospitality in Singapore, Indonesia, Switzerland and the UK. Skilled in managerial roles, project management, training and HR. A graduate of UKM (B.Econ), holder of a Postgraduate Diploma in Hospitality (HIM), and certified CIPP (AIBFM) and HRDC Time Agenda



JAINEDRAN @ JAY

With over 30 years of professional, Jay is a dynamic trainer, consultant, and operational expert with 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.



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