



MASTER YOUR MIND: NLP FOR PROFESSIONAL EXCELLENCE

11th SEPTEMBER 2025 | 9.00AM – 5.00PM | MEF ACADEMY, PJ

Success requires more than technical know-how. Professionals need strong mental focus, emotional resilience, and powerful communication skills to thrive.

This one-day training introduces Neuro-Linguistic Programming (NLP) techniques to help participants reprogram limiting beliefs, stay motivated under pressure, and communicate with greater clarity and confidence.

Whether you are leading a team, or navigating daily challenges, this course equips you with the mindset tools to achieve lasting professional excellence.

RM 1,000.00*

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

Scan to Register



<https://forms.office.com/r/Fa8uOgFqHk>

Who Should Attend

- Managers, team leaders and executives seeking to enhance self-leadership
- HR professionals, trainers, and learning & development specialists
- Customer-facing staff, including sales, service, and client relationship teams
- Anyone looking to improve their mindset, emotional control, and professional impact

Learning Outcomes

By the end of the program, participants will be able to:

- Understand the core principles of NLP and how they apply to professional settings
- Reframe challenges by shifting limiting beliefs and mindsets
- Communicate more effectively by reading and responding to verbal and non-verbal cues
- Apply emotional regulation strategies for resilience and calm under pressure
- Set compelling goals and stay motivated through visualization and mental anchoring
- Develop a personal action plan to sustain high performance

For more information, please contact:



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Course Structure

Module 1 Understanding the Fundamentals of NLP	9.00 – 10.15	<ul style="list-style-type: none"> • What is NLP and how it works • The NLP Communication Model • How your mind filters and creates your reality
Tea Break (10.15 – 10.30)		
Module 2 The Power of Mindset & Enhancing Communication with NLP	10.30 – 12.15	<ul style="list-style-type: none"> • Identifying and shifting limiting beliefs • Rapport-building techniques • Language patterns that influence and inspire
Lunch Break (12.15 – 13.15)		
Module 3 Emotional Management & Resilience	13.15 – 14.30	<ul style="list-style-type: none"> • Emotional state anchoring • Responding vs. reacting • NLP techniques for inner calm and clarity
Tea Break (14.30 – 14.45)		
Module 5 Goal Setting and Motivation with NLP	14.45 – 16.15	<ul style="list-style-type: none"> • Well-informed outcomes • Visualization and mental rehearsal • Anchoring motivation and resourceful states
Module 6 Reflection & Action Plan	16.15 – 17.00	<ul style="list-style-type: none"> • Creating your NLP-based success blueprint • Personal insights and commitments • Closing & Feedback

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. Her strategic planning and collaborative approach have resulted in the establishment of new partnerships and initiative to enhance the organization's market presence. Her extensive experience also encompasses training, where she has excelled in developing and delivering impactful training programmes tailored to the unique needs of diverse audiences.

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.

