



# LEADERS FROM WITHIN: NLP FOR LEADERS

24<sup>th</sup> September 2025 | 9.00AM – 5.00PM | MEF SABAH

*Great leaders understand that leadership is not one-size-fits-all. “Leaders from Within: NLP for Leaders is a highly practical 1-day leadership development program combining the powerful frameworks of Situational Leadership® II (SLII), The One Minute Manager® (OMM), and Neuro-Linguistic Programming (NLP).*

*This program guides leaders on how to:*

- *Adjust their leadership style based on individual team member development levels (SLII)*
- *Communicate with clarity and impact using brief, effective conversations (OMM)*
- *Lead with self-awareness, mindset control, and rapport building*

**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/QvfuzjHJ2N>

## Who Should Attend

- Team leaders, supervisors, and middle managers
- New managers transitioning into leadership roles
- Senior executives looking to refine their leadership agility and communication
- HR professionals and internal trainers supporting leadership development
- Anyone responsible for motivating and guiding others in the workplace

## Learning Outcomes

- Apply the Situational Leadership® II model to match leadership styles with employee development levels
- Conduct effective One Minute Goal-Setting, Praising, and Redirecting conversations
- Use NLP techniques to build rapport, influence outcomes, and manage emotional states
- Identify and shift personal limiting belief to develop stronger leadership mindsets
- Communicate with clarity, empathy, and intent to inspire trust and accountability
- Practice flexibility in leadership styles to boost engagement, development, and results

For more information, please contact:



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## Course Structure

Welcome and Ice Breaker (9.00 – 9.15)		
<b>Module 1</b> Situational Leadership® II	9.00 – 11.15	<ul style="list-style-type: none"> <li>Understanding development levels and matching leadership styles: Directing, Coaching, Supporting and Delegating</li> <li>Diagnosing team member readiness for tasks and adapting leadership approaches</li> </ul>
Tea Break (11.15 – 11.30)		
<b>Module 2</b> The One Minute Manager®	11.30 – 13.00	<ul style="list-style-type: none"> <li>The three secrets: One Minute Goals, One Minute Praising and One Minute Reprimands</li> <li>Delivering concise and impactful communication for effective team management</li> <li>Encouraging accountability and motivation within the team</li> </ul>
Lunch Break (13.00 – 14.00)		
<b>Module 3</b> Neuro-Linguistic Programming for Leadership	14.00 – 16.00	<ul style="list-style-type: none"> <li>Introduction to NLP and its relevance to leadership</li> <li>Understanding VAKOG (Visual, Auditory, Kinesthetic, Olfactory, Gustatory) communication styles to influence effectively</li> <li>Building rapport and trust through mirroring and matching</li> <li>Techniques to reframe challenges, motivate teams and create a positive mindset</li> </ul>
Tea Break (16.00 – 16.15)		
<b>Wrap Up</b>	16.15 – 17.00	<ul style="list-style-type: none"> <li>Leadership Simulation</li> <li>Questions and Answers</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. 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.

