



MOTIVATING HEALTHY LIFESTYLE

4 MAR 2026 | 9.00AM - 1.00PM | ONLINE (MS TEAMS)

Course Overview

The Motivating Healthy Lifestyle training course provides an engaging overview of how to inspire positive, long-term health behaviors in individuals and communities. It explores the foundations of healthy living, including physical activity, nutrition, and stress management. Participants learn practical motivation strategies, goal-setting techniques, and behavior-change principles that encourage sustainable lifestyle choices. The course also highlights the role of mindset, social support and self-awareness in maintaining healthy habits. Designed to be interactive and practical, this course equips learners with the knowledge and tools needed to promote healthier, more balanced lifestyles effectively.

Who Should Attend

- Executives
- Managers
- Supervisors
- HR Personnel

Learning Outcomes

- Understand the key principles of a healthy lifestyle and wellbeing
- Apply motivation strategies to encourage positive health behaviors
- Set realistic goals to support sustainable lifestyle changes
- Promote long-term healthy habits through mindset and self-awareness

Course Registration :



<https://forms.office.com/r/Vf6jktrBMF>

RM400*

(Price Inclusive of 8% SST)
HRDC Claimable*



adminmefa@mef.org.my



03-7498 7242 / 016 - 254 1844



Course Structure

Time	Agenda
8:30 - 9:00AM	Registration
9:00 - 10:30 AM	MODULE 1: Foundations of a Healthy Lifestyle - Physical, Emotional and Social Wellbeing
10:30 - 10.40 AM	Break
10.40 AM - 12.00 PM	MODULE 2: Motivation & Behavior Change Strategies
12.00 PM - 1.00 PM	MODULE 3: Lifestyle Planning for Productivity

Trainer Profile



Vignesh K. Velayuthan

Vignesh is a senior consultant and experienced trainer with 25 years of 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.



adminmefa@mef.org.my



03-7498 7242 / 016 - 254 1844