



# CULTIVATING POSITIVE WORK ATTITUDE

28 - 29 SEP 2026 | 9.00AM - 5.00PM | MEF ACADEMY, 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

- Understand the Power of Positive Workplace Attitude
- Building Emotional Resiliency During Challenging Moments
- Foster Responsibility Among Team Members
- Strengthen Relationship Among Employees

## Course Registration :



**RM2,000\***

(Price Inclusive of 8% SST)

HRDC Claimable\*

<https://forms.office.com/r/9KhazRHZ9q>

## Course Structure

Time	Agenda
<b>DAY 1</b>	
8:30am - 9:00am	Registration
9:00am - 10:30am	<b>MODULE 1 :</b> <ul style="list-style-type: none"> <li>The Power of Attitude in the Workplace</li> </ul>
10:45am - 11.00am	Coffee Break
11:00am - 12.00pm	<b>MODULE 2 :</b> <ul style="list-style-type: none"> <li>Emotional Intelligence &amp; Self-Awareness</li> </ul>
12:00pm - 1:00pm	<b>MODULE 3 :</b> <ul style="list-style-type: none"> <li>Resilience &amp; Overcoming Workplace Challenges</li> </ul>
1.00pm - 2.00pm	Lunch Break
2:00pm - 3:30pm	<b>MODULE 4 :</b> <ul style="list-style-type: none"> <li>Positive Communication &amp; Teamwork</li> </ul>
3.30pm - 3.45pm	Tea Break
3.45pm - 5:00pm	<b>MODULE 5 :</b> <ul style="list-style-type: none"> <li>Gamification: "The Teamwork Puzzle Race"</li> <li>Summary / Q&amp;A Session</li> </ul>
<b>DAY 2</b>	
8:30am - 9:00am	Registration
9:00am - 9:30am	Refresh Day 1 Training
9:30am - 10.45am	<b>MODULE 6 :</b> <ul style="list-style-type: none"> <li>Workplace Ethics &amp; Professionalism</li> </ul>
10:45am - 11.00am	Coffee Break
11:00am - 1.00pm	<b>MODULE 7:</b> <ul style="list-style-type: none"> <li>Problem-solving with a Positive Mindset</li> </ul>
1.00pm - 2.00pm	Lunch Break
2.00pm - 3:30pm	<b>MODULE 8:</b> <ul style="list-style-type: none"> <li>Leadership &amp; Influence Through Positivity</li> </ul>
3.30pm - 3.45pm	Tea Break
3.45pm - 5:00pm	<b>MODULE 9:</b> <ul style="list-style-type: none"> <li>Action Planning &amp; Commitment to Positivity</li> <li>Summary/Q&amp;A Session</li> </ul>

## 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.