



UNLOCKING YOUR POTENTIAL: CULTIVATING STRENGTHS & DRIVING SUCCESS

23 APR 2026 | 9.00AM - 5.00PM | MEF ACADEMY

Course Overview

Unlocking Your Potential: Cultivating Strengths & Driving Success is a transformative training designed to help participants recognize what they do best and use it intentionally to achieve meaningful success. Through guided self-discovery, learners will uncover their unique strengths and talents, align them with clear and motivating goals and build the confidence needed to overcome challenges. The program fosters a success-oriented mindset, empowering participants to turn obstacles into opportunities and strengths into consistent performance. By the end of the training, participants will feel more focused, resilient and equipped to harness their strengths for peak personal and professional success.

Course Registration :



<https://forms.office.com/r/0BGpVhgnmw>

Who Should Attend

- High potential talents
- Emerging leaders
- Supervisors & managers
- Executives & Sr. executives

Learning Outcomes

- Identify and articulate personal strengths to enhance productivity and performance
- Set clear, achievable goals aligned with individual purpose and organizational objectives
- Build confidence and resilience to navigate obstacles and sustain momentum
- Apply a success-oriented mindset that leverages strengths for sustained peak performance.



RM1,000*

(Price Inclusive of 8% SST)
HRDC Claimable*



adminmefa@mef.org.my



03-7498 7242 / 016 - 254 1844

Course Structure

Time	Agenda
8.30AM	Registration
9.00AM	Course Introduction + Ice Breaking
9.30AM	Topic 1: Discovering Your Unique Strengths & Talents
10.45 AM	Morning Break
11.00 AM	Topic 2: Strengths to Results - Goal Setting for Success
12.30 PM	Lunch Break
1.30PM	Topic 3: Building Confidence & Overcoming Challenges
3.00 PM	Tea Break
3.30 PM	Topic 4: Success Mindset - Harness Your Strengths for Peak Success
4.30 PM	Summary + Q&A Session
5.00 PM	Session Ends

Trainer Profile

Mr. Loh Kok Cheong (Kent) is an accomplished mental healthcare practitioner with over a decade of experience in the field of psychology, counselling and corporate wellness. He is a licensed counsellor under Lembaga Kaunselor Malaysia (LKM) and a HRDC accredited trainer. Mr. Loh has a strong background working in both public and private sectors as an educator, in-house counsellor, motivational speaker and trainer. Throughout his career, he has been committed to driving growth and excellence whilst advocating for a positive work culture. His proficiency includes conflict resolution, stress management and conducting wellness programs at an organizational level. Currently, Mr. Loh is focused on cultivating psychological safety at work so employees can shine and organizations can meet their strategic goals.



Kent Loh

(KB10016, PA09646)



adminmefa@mef.org.my



03-7498 7242 / 016 - 254 1844