



POSITIVE INTELLIGENCE WORKSHOP

In this 2 half-day Workshop, participants will gain awareness of the three core mental muscles in our lives - the **saboteur interceptor**, **self-command** and **sage muscles**. Learn about the **Saboteurs** at work in our lives, and how one can shift to a **Sage** perspective and create new possibilities within every outcome or situation in life. There will be breakout sessions for participants during the workshop for meaningful discussions.

KEY HIGHLIGHTS

- Overview of what Positive Intelligence is.
- Saboteur assessment & discussion of the Saboteurs.
- Introduction of the Self Command muscles and learn how to activate them.
- The Sage perspectives and "powers" that help participants move towards healthier relationships, better performance and greater peace and calm in life.

WHO SHOULD ATTEND

This programme is **suitable for leaders and individuals seeking to build their mental strength and enhance their leadership effectiveness and performance.**

It is also for those who want to improve their mindset, approach bigger challenges and performance in an efficient manner while maintaining their mental wellbeing and life satisfaction.



about THE SPEAKER



MICHELE LUM

Newfield Certified Coach (NCC)
Professional Certified Coach (PCC)
National Board Certified Health & Wellness Coach (NBC-HWC)
Certified Positive Intelligence Coach (CPQC)

Michele Lum is a C-suite executive, leadership, and health & wellness coach, whose passion for people has seen her take the leap of faith to pursue her life-calling as a coach to leaders and future leaders in topics ranging from leadership development, communications to health and wellness.

She is also an award-winning marketer and communicator with more than 22 years of corporate and consulting experience in strategic marketing, public relations and media experience in Southeast Asia and the USA.

Michele holds the **Professional Certified Coach (PCC)** credential from International Coaching Federation and is among the few certified ontological coaches in Malaysia with the **Newfield Certified Coach (NCC)** credential. She is also the first in Malaysia to receive the prestigious (US) **National Board-Certified Health & Wellness Coach (NBC-HWC)** credential from the United States and the **Certified Positive Intelligence Coach (CPQC)**, also known as a Certified Mental Fitness Coach.

TESTIMONY by a past participant (Dr Vincent Chian) :

I have been through many self help development programmes and I can really testify that the **Positive Intelligence programme is an excellent, life changing programme.** Its practices are based in solid neuroscience and is well thought out. Michele is an excellent trainer and one of the most highly sought after executive coaches in the industry.

A truly great opportunity that every FBN member should take advantage of !

REGISTRATION & ENQUIRIES



REGISTRATION FEES

Category of Participants	Fees
FBNA Members & Family (Malaysia) <i>(up to 2 pax)</i>	WAIVED - subsidized by FBNA Malaysia
FBNA Members & Family (Malaysia) <i>(3rd pax onwards)</i>	RM300 per participant
FBNA Members' Executives	RM300 per participant
FBNA Members & Family (Regional)	RM300 per participant
YPO Members, Spouses & YNGers EO Members & Spouses	RM500 per participant
Invited Guests	RM700 per participant

ENQUIRIES

- EVENT CHAMPION : **Yong Yoon Li**, Malaysia Country Committee,
 Family Business Network Asia
- EVENT COORDINATOR : **Taryn Foo**, Executive Team
 HP: +6016 2113998 or email tarynfoo@fbnasia.org