



**HRDC**  
CLAIMABLE

**ISO 29993**  
CERTIFIED  
Learning Service Provider

Trusted by Government, GLCs  
& Corporate Organisations

# BUILDING RESILIENCE & ADAPTABILITY

**Adapt to Change. Strengthen Ownership.  
Stay Productive Through Uncertainty**

## WHAT WILL YOU GAIN



Adaptability to  
Change



Emotional  
Resilience



Focus & Productivity  
Under Pressure



Accountability &  
Ownership



Resilient Team  
Collaboration

## WHY THIS PROGRAMME MATTERS TODAY

In a workplace shaped by constant change, uncertainty, and rising expectations, employees need the ability to adapt quickly, recover from setbacks, and remain productive under pressure.

This 2-day programme helps participants build resilience, strengthen adaptability, manage change more positively, and develop practical habits to stay focused, accountable, and effective at work.

## WHO SHOULD ATTEND

Suitable for working professionals who need to stay productive and effective while navigating constant workplace change.



### MEET OUR TRAINER

**MS. ALEENA CHE RAMLI**

She is a motivational speaker, certified trainer, and resilience coach who has delivered programmes and shared keynote stages with leading global brands. Known for her impactful storytelling, she inspires resilience, courage, and self-leadership. Her personal journey of vision loss strengthens her message of overcoming limitations and embracing change with practical, actionable insights.



### PROGRAMME SNAPSHOT

**6-7 October, 2026**

**Kuching**

**2 Days**

**8.30 am - 5.00 pm**

**LIMITED TO  
25-30 PARTICIPANTS  
PER COHORT**  
*To ensure interaction, practice  
& trainer feedback*

Reserved Your Seat Today!



**WHY TRAIN WITH MRS?**

• HRDC Claimable & ISO Certified • Corporate & Government Trusted • Practical & Business-focused • Industry-Expert Trainers

## PROGRAMME OUTLINE

- 01 SELF-AWARENESS FOR PRODUCTIVITY AND CLARITY**  
Understand how self-awareness improves productivity, focus, and performance.
- 02 RESILIENCE FOUNDATIONS – UNDERSTAND YOURSELF**  
Explore the core elements of resilience, including values, motivation, and personal strengths.
- 03 MENTAL TOUGHNESS IN ACTION**  
**(Part 1)**  
Learn the 4 pillars of mental toughness: Control, Commitment, Challenge, and Confidence.  
**(Part 2)**  
Build confidence under pressure through interactive activities and resilience-based simulations.
- 04 NEUROPLASTICITY & ADAPTABILITY – TRAINING THE AGILE MIND**  
**(Part 1)**  
Discover how the brain adapts to change and supports agile thinking.  
**(Part 2)**  
Develop adaptability skills and learn practical techniques to reframe challenges positively.
- 05 BOUNCE BACK STRONGER – RECOVERY & RENEWAL PRACTICES**  
Learn practical strategies for emotional recovery, stress management, and personal wellbeing.
- 06 FUTURE-READY RESILIENCE – EMBEDDING IDENTITY & HABITS**  
Build sustainable resilience habits and create a 90-Day Resilience & Agility Roadmap for continued growth.



## PROGRAMME DETAILS



### DATE

6-7 October, 2026



### TIME

8.30 am - 5.00 pm



### VENUE

Kuching

### FEE PER PAX

| Early Bird Rate (EBR) | Normal Rate (NR) |
|-----------------------|------------------|
| <b>RM 2580</b>        | <b>RM 2980</b>   |

*Early Bird Rate applies for registrations confirmed 30 days before the program date.*

*\*An additional 8% SST will apply*

### WHAT THIS FEE INCLUDES

- Full training program as stated
- Participant materials and learning resources
- Practical templates, tools, or checklists
- Certificate of completion
- 2 Tea Breaks & Lunch each day
- HRDCorp claimable documentation support
- Guided action planning for workplace application

### HRDC CLAIMABLE COURSE



We are HRDCORP registered training provider.

This course is 100% claimable. Subject to employer eligibility and HRDCorp approval.



**LIMITED SEATS.  
REGISTER NOW!**

< Scan QR code >

### MRS MANAGEMENT SDN BHD (275222-P)

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