

A person in a dark blue pinstriped suit is shown from the chest up, holding their hands together in front of them. In the center of their hands is a glowing, 3D-rendered human brain. The brain is surrounded by a white, wireframe neural network structure. A bright yellow light emanates from the base of the brain. The background is a solid dark blue color.

**biluf**

**GROWTH  
MINDSET COACHING**

**16-17 JANUARY 2023**

# OVERVIEW

“If you change the way you look at things, the things you look at change.” Wayne Dyer

Having the right mindset is very important in helping us succeed in our life. In the journey of achieving success, self-awareness and self-analysis can significantly help us to understand why we do what we do and what we can change in ourselves to get more energy, respond better to others and efficiently interact with them and understand them.

This programme uses a variety of examples, case studies, example conversations and techniques to master a few competencies of success. Participants will explore topics such as, behaviour cycle, positive versus negative thinking, handling fear, motivation, power phrases and so on.

The programme contains numerous exercises that are designed to raise participants' awareness and help them think about critical behaviours. The aim is to change the point of view of those who might have habitually used certain behaviours without realising its full effect on others. Awareness raising discussions and interactive exercises help participants to significantly change their behaviour using simple yet powerful techniques.



# OBJECTIVES



## UNDERSTAND

how their inner thoughts and belief system affect their mindset;



## RECOGNISE

what growth mindset vs fixed mindset is;



## COMPREHEND

how a growth mindset can improve their work and personal development;



## HEIGHTEN

their self-awareness;



## LEARN

ways to show empathy in order to build a better relationship with colleagues;



## MANAGE

themselves better and improve on their motivation; and



## FIND OUT

how to be more accountable towards their behaviour and performance at work.

# METHODOLOGY



Face-to-face training

# PROGRAMME DETAILS

Date	Time
16-17 January 2023	8:30 am – 12:00 pm 1:30 pm – 5:00 pm

\*\*\*Subject to change

Please refer to [www.bilif.com.bn](http://www.bilif.com.bn) for the latest updates\*\*\*

# WHO IS THIS PROGRAMME FOR?

The programme is designed for:

- Clerks;
- Officers;
- Managers;
- Team leaders; and
- Supervisors.

# PROGRAMME OUTLINE

Modules	Content
Module 1: Personal Excellence	<ul style="list-style-type: none"><li>• Define personal excellence</li><li>• Mindset</li><li>• Personal effectiveness</li><li>• Emotional intelligence<ul style="list-style-type: none"><li>◦ self-awareness &amp; self-analysis</li><li>◦ self-management</li><li>◦ self-motivation</li></ul></li></ul>
Module 2: Working with Others	<ul style="list-style-type: none"><li>• Empathy</li><li>• Social awareness</li></ul>
Module 3: Accountability	

*Read why people love this programme!*

*Rated:*



“ THIS TRAINING REALLY OPEN UP MY MIND ON HOW WE SEE LIFE/THINGS/SITUATION FROM A DIFFERENT PERSPECTIVE. ”

“ COMPREHENSIVE ”

“ GREAT CONTENT AND THE TRAINER IS VERY KNOWLEDGABLE! ”

“ AWESOME ”

# PROGRAMME LEADER

## WAN CHING

Chong Wan Ching began her career in a manufacturing company where she successfully developed, implemented and obtained several products and quality management system certifications, including the internationally recognised ISO 9002. Since then, she moved on to various international and local financial institutions in the areas of insurance, investment, banking, sales, sales management and training.

Wan Ching believes in continuous self-development and has obtained various certifications. She is a Certified Financial Planner registered with the Financial Planning Association of Singapore. She is also an Accredited Training Professional, Certified NLP Master Practitioner, Certified Coach Practitioner, and Six Seconds EQ Certified Practitioner. Wan Ching has a wealth of experience in providing training specialising in the areas of insurance, investment, financial planning customer service, sales, sales coaching and management, presentation, leadership and many other soft skills. Her workshops are known to be highly interactive, mind-set changing and experiential.

# GROWTH MINDSET COACHING

■ 16-17 January 2023



To apply for the programme, please email your completed form to askseed@bilif.com.bn by 30 December 2022

CATEGORIES	STAKEHOLDERS	NON-STAKEHOLDERS
FEE	<input type="checkbox"/> \$700.00 (10% SBS)	<input type="checkbox"/> \$800.00
GROUP FEE (MIN 3 PAX)	<input type="checkbox"/> \$650.00	<input type="checkbox"/> 650.00

By completing and signing this form, you hereby agree to the terms and conditions below:

Full Name:  IC Number:   
Position:  Department:   
E-mail:  Phone:

Full Name:  IC Number:   
Position:  Department:   
E-mail:  Phone:

Full Name:  IC Number:   
Position:  Department:   
E-mail:  Phone:

## APPROVING OFFICER

Name:  Email:   
Position:  Department:

Please email the invoice to:

\_\_\_\_\_  
Signature and Company's Stamp

## Terms and conditions:

### Cancellation Policy:

- All cancellation must be submitted to BILIF in writing either by letter or email.
- Any cancellation received 30 days or more prior to the training date will incur a cancellation fee of 10% of the programme fee.
- Cancellation received 8 - 14 days to the training date will incur a cancellation fee of 50% of the programme fee.
- Cancellation of registrations received 7 days or less from the date of training or if the delegate fails to attend the training, he/she will be considered as 'no show' and is subjected to 100% of the programme fee.
- BILIF welcomes and accepts replacement of participants a day before the training commences.

### Other terms:

- Participants must complete all scheduled sessions and activities for them to receive the certificate of attendance/ completion.
- Payment must be made upon receipt of invoice issued by BILIF.
- BILIF reserves the right to amend, change or cancel the programme at any given time. We will immediately notify participants and organisations if any such changes are to be made.

# ABOUT BRUNEI INSTITUTE OF LEADERSHIP AND ISLAMIC FINANCE

Brunei Institute of Leadership & Islamic Finance (BILIF) was established in 2010 as the Centre of Excellence for the finance industry in Brunei Darussalam, providing high-quality learning solutions, including signature and collaborative events for human capacity development in the areas of Islamic finance and leadership. Under the purview of Brunei Darussalam Central Bank (BDCB), BILIF plays a fundamental role in Pillar 5 of Brunei Darussalam Financial Sector Blueprint 2016-2025 in raising financial industry standards especially in the areas of Islamic finance. All of our programmes are accredited by Brunei Darussalam National Accreditation Council as Value Added Qualifications. Appointed by BDCB, BILIF is the official licensing examination centre for Financial Planning Practitioners' Programme (FPPP) and Qualifying Examination for Insurance/Takaful Agents (QEFITA). BILIF is also the official examination centre for all examinations under Chartered Institute for Securities & Investment (CISI), UK; Chartered Bankers Institute (CBI), UK; International Compliance Association (ICA) and The Accounting and Auditing Organization for Islamic Financial Institutions (AAOIFI), Bahrain.

Over the past 10 years, BILIF has forged strategic partnerships with local and international organisations enabling us to bring professional programmes, expertise and opportunities to shape future leaders, experts and innovators in the areas of Islamic finance and leadership. More recently, BILIF has also established partnerships with Bahrain Institute of Banking and Finance (BIBF) and The London Institute of Banking & Finance (LIBF), both with the objective of bringing more quality learning opportunities for our participants in the areas of banking and finance. BILIF has been honoured with multiple international awards and accolades: The "Best Emerging Islamic Finance Training Institution – Brunei 2021" from the International Finance Awards 2022, "Best Islamic Finance Education & Training Brunei 2021" from the Global Banking & Finance Awards®, "Global Good Governance (3G) Human Resource Development Award 2022" received at the 7th Annual 3G Awards Ceremony and GIFA Excellence Award (Islamic Finance Training & Education) in 2022; The GIFA Excellence Award (Islamic Finance Training and Education) 2021 at the 11th Global Islamic Finance Awards (GIFA), the Award for "Contribution to Organisation" at the Asia HRD Awards in 2021; and the GIFA Excellence Award (Islamic Finance Training and Education) in 2019.

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Events

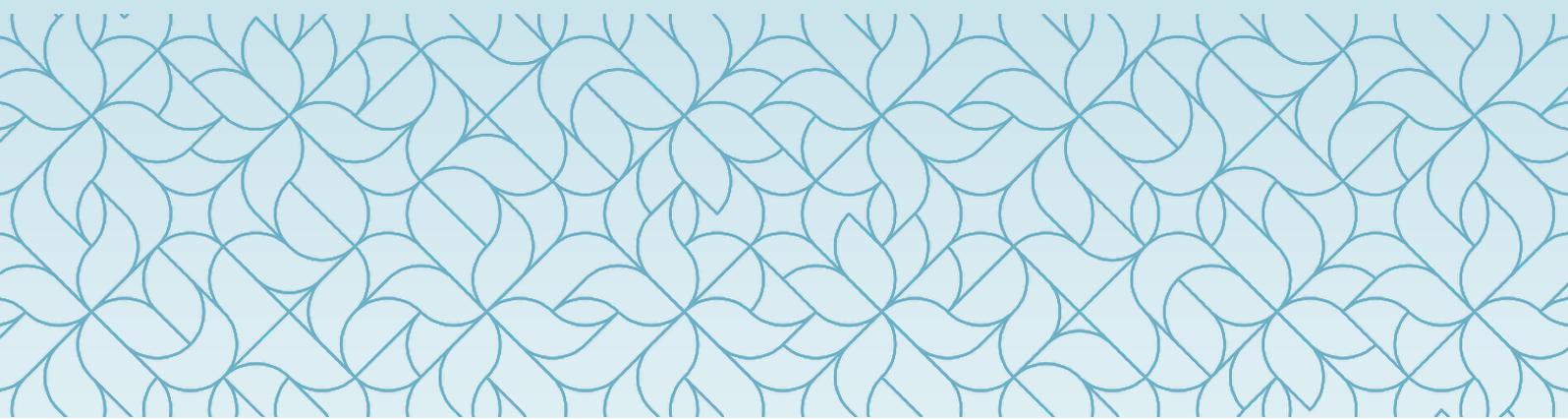
**687**

Programmes  
and Examinations

**15,300+**

Participants

# INTERNATIONAL AWARD WINNING INSTITUTE





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Contact our Sales and Marketing Department  
for any enquiries

[askSEED@bilif.com.bn](mailto:askSEED@bilif.com.bn)

*Alternatively, you can also whatsApp us at  
+673 8271140 to learn more about our offerings*