



MINDFULNESS AND RESILIENCY

22 - 23 MAY 2024



DEADLINE TO REGISTER

26 April 2024

OVERVIEW

Experts from all walks of life readily agree on one fact: The coming decade promises continued change, constant challenge, and cumulative chaos, also dubbed the VUCA environment. Especially with stress levels on the rise, it inevitably leads to loss of control of emotions, thus leading to bouts of anger, helplessness culminating in a feeling of loss. While it is human to experience all range of emotions, the persistent expression or suppression of emotions at the workplace has long-term impact on personal and organisational health and effectiveness.

Our two-day workshop is designed to provide professionals with essential tools to effectively navigate their emotions and manage stress in a manner that minimizes its impact on other aspects of their lives



A hand-drawn word cloud centered around the word "mind". The word "mind" is written in large, bold, black letters. Surrounding it are various related terms in different colors and sizes, including: "emotions", "perception", "learn", "unconscious", "personality", "cognitive", "practice", "thinking", "observation", "motivation", "decision", "attention", "behavior", and "conscious". The words are arranged in a circular pattern around the central "mind" word. The background is white with some faint lines and a hand holding a black marker is visible at the bottom right.

OBJECTIVES

BUSINESS OUTCOME:

- Increase employee empowerment as they develop strategies to resolve workplace challenges;
- Develop strategies to create a culture of mindfulness at all levels in the organisation;
- Increase productivity as levels of motivation and positivity increases; and
- Increase engagement as employees participate in problem-sharing and problem-solving as a team.

LEARNING OUTCOME:

- Apply various psychological theories/concepts to personal and workplace scenarios;
- Identify the symptoms of stress and emotional fluctuations;
- Develop strategies to cope with adversities; and
- Increase self-awareness so individuals learn to manage stressful situations with minimum intervention from third parties.

METHODOLOGY



- Face-to-face.
- Involves lecture, cases & exercises and discussion.

WHO SHOULD ATTEND?

- All levels of staff from all department across industries.

PROGRAMME DETAILS

DATE	TIME
22 - 23 May 2024	8:30 am - 12:00 pm 1:30 pm - 5:00 pm

***Subject to change

Please refer to www.bilif.com.bn for the latest updates***

PROGRAMME OUTLINE

MODULES	
Module 1	<p>Impact of VUCA on wellbeing</p> <ul style="list-style-type: none">• Being able to identify VUCA elements and how these impact wellbeing
Module 2	<p>The 3 phases of the Change Cycle</p> <ul style="list-style-type: none">• Identifying emotions and mental state in each stage of change• Overcoming resistance and working through undesired change
Module 3	<p>The 3-phases of Stress (Hans Selye Model)</p> <ul style="list-style-type: none">• Recognising the physiological symptoms and impact on physical, emotional and mental wellbeing• Identifying the detrimental effects of prolonged Resistance and shortened Exhaustion stages
Module 4	<p>Strategies to minimise stress and increase resiliency</p> <ul style="list-style-type: none">• Managing expectations – for self and others• Identifying limitations and capabilities• Understanding Locus of Control• Cognitive restructuring and Reframing• Anticipate and Accept• The Hanging Tree – technique to keep work issues away from personal life

PROGRAMME LEADER

RACHPAL KAU TULSI

Rachpal Kaur Tulsi has over 25 years' experience in training, organisational development, mentoring and coaching. As a Consultant, Rachpal has had extensive experience working with top management to conceptualise strategies for communicating the organisational mission and vision to its employees and the successful immersion of new employees to the organisation. She also has extensive experience in coaching High-Potential Executives in reviewing their performance and coaching them on areas for development using 360-degree feedback, performance management standards and other tools.

Rachpal specialises in developing personal and organisational leadership through changing beliefs and mindset. Her signature programmes are Leading with Constructive Communication, Service Motivation and Leadership, Change Management and Professional Presentation Skills. Organisations that have engaged her services include Fortune 100 Company and a wide range of sectors such as health, marine, oil and gas, network and telecommunication and financial services.

She is trained in Psychology and has an MA (Adult Education) and a Master's Certification in Neuro-Linguistic Programming.

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To apply for the programme, please email your completed form to askSEED@bilif.com.bn by 26 April 2024.

CATEGORIES	STAKEHOLDERS	NON-STAKEHOLDERS
FEE	<input type="checkbox"/> \$ 1,650.00	<input type="checkbox"/> \$ 1,790.00

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 up until 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. Since its inception, BILIF has conducted 809 programmes and 83 events for more than 16,900 participants, including a suite of Virtual Instructor-Led Training (VILT) programmes and online events (as of December 2023).

BILIF has forged strategic partnerships with local and international organisations over the past 10 years which have allowed us to bring professional programmes, expertise and opportunities to shape future leaders, experts and innovators, particularly in the areas of Islamic finance and leadership. Amongst these strategic partners include The London Institute of Banking & Finance (LIBF), United Kingdom; the Accounting and Auditing Organization for Islamic Financial Institutions (AAOIFI) and Bahrain Institute of Banking and Finance (BIBF), Bahrain; Islamic Development Bank Institute (IsDBI), Kingdom of Saudi Arabia, Singapore

Management University (SMU), Singapore and INCEIF University, Malaysia. Locally, BILIF has also partnered with two of the top higher education institutions in Brunei Darussalam; Universiti Brunei Darussalam (UBD) and Universiti Sultan Sharif Ali (UNISSA) in our joint efforts to impart invaluable knowledge and skills for students and professionals in not only finance but also other private and government sectors.

Appointed by BDCB, BILIF is the official licensing examination centre for Financial Planning Practitioners' Programme (FPPP) and the 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 AAOIFI. BILIF has also recently been accepted as a Pearson Vue Authorised Test Centre which can house more than hundreds of examinations such as Certificate in Climate Risk, Certified Internal Auditor® (CIA®) and Certified Associate in Project Management (CAPM), amongst others.

BILIF has received multiple accolades including 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® and "Global Good Governance (3G) Human Resource Development Award 2022" received at the 7th Annual 3G Awards Ceremony. BILIF was also awarded its third "GIFA Excellence Award (Islamic Finance Training & Education) 2022, which has been previously received in 2019 and 2021.

83

Events

809

Programmes
and Examinations

16,900+

Participants

INTERNATIONAL AWARD WINNING INSTITUTE





Discover our upcoming programmes and events

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Contact our Sales and Marketing Department
for any enquiries

askSEED@bilif.com.bn

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