



Office Skills Essentials

The Agile Mindset: Developing Cognitive Flexibility & Adaptability



+673 827 1140



askSEED@bilif.com.bn



www.bilif.com.bn



bilif.bn



bilif

OVERVIEW

In today's landscape of constant disruption, success is no longer defined by what you know, but by how fast you can adapt. This two-day intensive programme moves beyond outdated change management theories to empower you with a foundational leadership competency: the agile mindset. Day one is a deep dive into personal mastery, rewiring how you approach challenges and make decisions under pressure. On day two, we bridge the gap from self to team, focusing on how to lead others and cultivate a truly adaptive culture. You will leave not just with theory, but with a practical toolkit to transform uncertainty into opportunity, enabling you and your team to thrive in ambiguity, navigate complex changes, and lead with enduring, adaptive confidence.

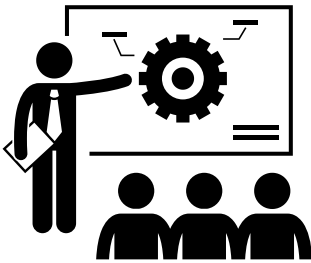
OBJECTIVES

- Distinguish between fixed and agile mindsets to identify growth opportunities in challenges.
- Apply cognitive reframing techniques to convert obstacles into actionable strategic advantages.
- Utilise mental models to make effective and timely decisions with incomplete information.
- Actively seek and integrate feedback to iterate on strategies and improve performance.
- Foster a team culture of psychological safety, encouraging experimentation and resilience.

WHO SHOULD ATTEND?

Professionals operating in dynamic, fast-paced, or uncertain environments seeking to build resilience, adaptability, and forward-thinking decision-making.

METHODOLOGY



Face-to-face

PROGRAMME DETAILS

DATE	TIME
Day 1 & 2	8:00 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

Day 1: Mastering Your Personal Agile Mindset

<p>Module 1: The Case for Agility & Mindset Diagnosis</p>	<ul style="list-style-type: none"> • Why agility matters in the age of disruption • Fixed vs. growth vs. agile mindsets • Understanding personal mindset triggers and default responses
<p>Module 2: The Art & Science of Cognitive Reframing</p>	<ul style="list-style-type: none"> • Reframing as a tool for adaptability • Strategic optimism and mental agility • Thinking traps and how to shift perspective
<p>Module 3: Making Decisions Under Pressure</p>	<ul style="list-style-type: none"> • Mental models for rapid yet sound decision-making • Managing uncertainty and cognitive overload • Decision fatigue and recovery strategies

PROGRAMME OUTLINE

Day 2: Leading with an Agile Mindset

<p>Module 4: Fostering Psychological Safety & Agile Coaching</p>	<ul style="list-style-type: none"> • The role of trust and safety in adaptive teams • Techniques for creating an open feedback culture • Agile coaching as a leadership style
<p>Module 5: Building a Culture of Experimentation</p>	<ul style="list-style-type: none"> • Encouraging risk-taking and learning from failure • Designing iterative experiments and pilot initiatives • Retrospectives and feedback loops
<p>Module 6: Sustaining Agility & Capstone Action Plan</p>	<ul style="list-style-type: none"> • Embedding agile practices in everyday work • Overcoming resistance to change • Personal and team agility roadmap



PROGRAMME LEADER

DR. SAI CHONG YEH

Dr. Sai Chong Yeh is an accomplished AI and data technology leader with a passion for transforming complex data into practical solutions that drive business and social impact. He is the Founder and CEO of Ever AI Technologies (Ever AI Holdings Sdn Bhd), Malaysia's first No Code AI platform, enabling individuals and organisations to train their own AI models without writing a single line of code. Under his leadership, Ever AI Technologies has earned numerous accolades, including recognition as Top 5 Malaysian Start-Ups for AI4Good (UN, 2021), participation in the MYStartup Accelerator Program 2022, and victories in the EY Foundry Cohort 5, MRANTI Global Accelerator, and Huawei Spark Accelerator programs.

Currently, he serves as Head of Big Data & Strategic Marketing at XOX Mobile, where he leads the development of scalable data solutions, implements data governance policies, and drives data-driven strategies to enhance customer engagement and revenue growth. Dr. Sai Chong Yeh is also an experienced educator, serving as an Adjunct Professor at Universiti Teknologi Malaysia and lecturer in AI Leadership and Applied Computing at Taylor's University. His career spans machine learning, AI innovation, big data analytics, and AI-driven system design for both industry and government projects, including national scale initiatives.

With a Ph.D. in Electrical and Electronic Engineering (Signal Processing & Machine Learning) and a track record of innovation, patents, and research, he brings deep technical expertise and practical insights to every training session.



PROGRAMME LEADER

DR. FAIZORA HAMZAH

Dr. Faizora Hamzah is a distinguished AI leader with extensive experience in research, industry, and education across Malaysia, Japan, and the UK. As Lead AI Engineer at MyEG Services Berhad, she drives innovative AI projects, including chatbots, computer vision systems, and data lakes, ensuring seamless integration of AI into products.

An accomplished educator, Dr. Faizora Hamzah serves as Industry Fellow at First City University College and Universiti Malaysia Pahang, mentoring aspiring data scientists and fostering industry-academia collaborations. She has held senior AI roles at Torum Technology, Corpy & Co., STMicroelectronics, and Vettons, delivering solutions in machine learning, deep learning, automation, and data engineering.

Beyond her technical expertise in Python, MATLAB, PyTorch, TensorFlow, AWS, and more, she is a passionate advocate for women in technology. She founded Women in AI Malaysia and Japan, growing a vibrant community of over 1,200 members across APAC, organizing summits, workshops, and mentorship programs.

Dr. Faizora Hamzah has an impressive portfolio of research publications, awards, and speaking engagements, sharing her knowledge on AI, data science, and emerging technologies globally. Fluent in Malay, English, and Japanese, she combines technical mastery, strategic vision, and mentorship to empower individuals, organizations, and the AI community at large.

THE AGILE MINDSET: DEVELOPING COGNITIVE FLEXIBILITY & ADAPTABILITY



To apply for the programme, please email your completed form to askSEED@bilif.com.bn 30 days before your programme dates.

CATEGORIES	STAKEHOLDERS	NON-STAKEHOLDERS
FEE	<input type="checkbox"/> \$800.00	<input type="checkbox"/> \$1000.00

Please tick your preferred dates: 13 – 14 July 2026 12 – 13 Aug 2026 16 – 17 Sept 2026

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

Full Name:	<input type="text"/>	IC Number:	<input type="text"/>
Position:	<input type="text"/>	Department:	<input type="text"/>
E-mail:	<input type="text"/>	Phone:	<input type="text"/>

Full Name:	<input type="text"/>	IC Number:	<input type="text"/>
Position:	<input type="text"/>	Department:	<input type="text"/>
E-mail:	<input type="text"/>	Phone:	<input type="text"/>

Full Name:	<input type="text"/>	IC Number:	<input type="text"/>
Position:	<input type="text"/>	Department:	<input type="text"/>
E-mail:	<input type="text"/>	Phone:	<input type="text"/>

APPROVING OFFICER

Name:	<input type="text"/>	Email:	<input type="text"/>
Position:	<input type="text"/>	Department:	<input type="text"/>

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 BILIF

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.



92

Events

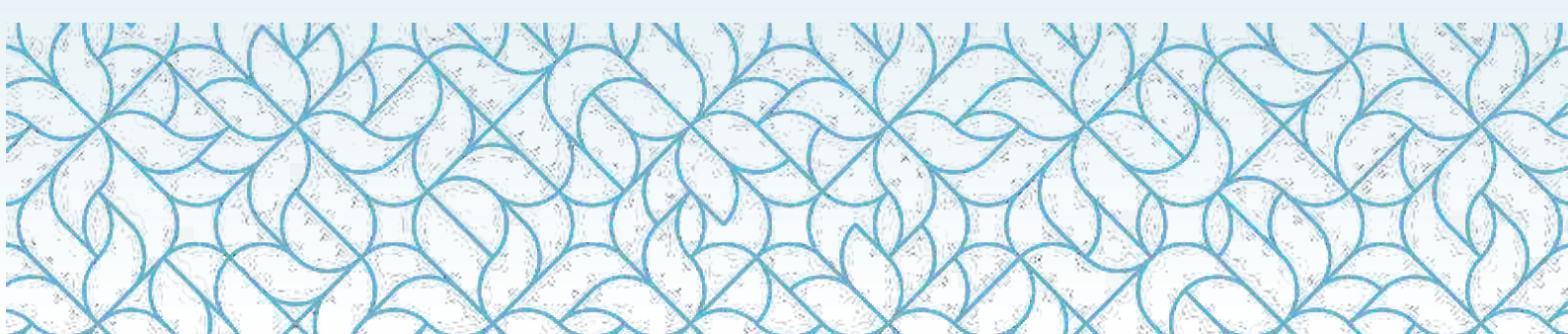
954

Programmes
and Examinations

18,900+

Participants

INTERNATIONAL AWARD WINNING INSTITUTE





Discover our upcoming programmes and events:

bilif.com.bn

Contact our Client Solutions Department for any enquiries:

askSEED@bilif.com.bn

Alternatively, you can also WhatsApp us at
+673 8271 140 to learn more about our offerings.