



KINABALU PINK RIBBON is proud to present:

Personal Mastery, Emotional Intelligence and Resilience

Sat 25th February, Ming Garden Hotel

Research has shown that one's success and fulfilment lies not in one's cognitive but Emotional Intelligence. This includes attributes such as adaptability/resilience, a drive to achieve, self-confidence, self-awareness and initiative.

This dynamic 1-day program, presented by, international Motivational Speaker, Peak Performance Consultant, Facilitator and Master Trainer and Coach, Dominic Siow, will provide you with practical skills & strategies, tools, principles and the confidence and motivation to realise your full potential and to take charge of your outcomes, taking your results to a whole new level.

How You will Benefit

- Use emotional intelligence to gain an honest and accurate awareness of yourself
- Monitor and adapt your own emotions and behaviours for your benefit and that of your team and department
- Find your personal source of inspiration by finding and crafting a vision for your career that resonates emotionally with you
- Develop the self-confidence to drive and lead initiatives and create results
- Help your manager create an atmosphere that fosters emotional intelligence and high performance
- Be an even more effective influencer of the emotions and motivations of others you work with
- Be clear about how to manage your various priorities and develop the discipline of focusing on what's more strategically important
- Develop a flexible emotional response style to a broad variety of workplace activities

Who Should Attend

- Anyone seeking to experience greater success and fulfilment from their career and personal lives, tools and strategies for overcoming adversity and mastering change.
- All office, executive and administrative professionals who want to exhibit more professional and emotional savvy, express emotions and ideas more clearly, and enhance their self-confidence through emotionally intelligent behavior.

Testimonials

"Truly Inspirational! "**Mark Uphill**

"Eye-opener. Well worth." **Steven Duffy**

"What a great day to look at life from a different perspective, opens your eyes to the world. I will employ these tactics to improve every aspect of my life. Thank you Dom." **Dan Murray**



Early Bird Registration Fee (full payment by 31 st Jan 2012)	: RM300/pax (incl. 2 tea breaks + 1 lunch)
Registration Fee After 31 st Jan 2012	: You & Your Buddy's Special: RM500/2pax
	: RM500/pax (incl. 2 tea breaks + 1 lunch)
	: You & Your Buddy's Special: RM900/2pax

For enquires, please call:
0168038553, 0198101826, 088 216237

- All proceeds go to Kinabalu Pink Ribbon, a non-govt./non-profit organisation which provide support for breast cancer survivors & families, counseling service during/after treatment & to increase breast cancer awareness through public education.

Dominic is founder and principal consultant of EQ Strategist, a consultancy specialising in Peak Performance and Emotional Intelligence. Having experienced success as a senior executive in the I.T. industry, Dominic discovered a knack and passion for empowering others with the habits and strategies that distinguish peak performers from the rest. His talks and workshops on realising one's full potential have benefited thousands across Australia, NZ and South East Asia. For the past three years, his customised workshops for Office Professionals, Executive and Administrative Assistants have been a huge success.

Dominic is part of the Robbins Research Institute's Senior Leadership team, an accredited Master Practitioner of Neuro-Linguistic Programming (NLP), a certified DISC Practitioner and has undergone training with the Coaches Training Institute (CTI). He lives a full and fulfilling life in Sydney with his wife, Sue, who trains with him and three children.





REGISTRATION FORM

PERSONAL MASTERY, EMOTIONAL INTELLIGENCE & RESILIENCE

Register by: Tel: 0168038553, 0198101826, 088 216237 Email: kinabalupinkribbon@gmail.com
Your Investment: **Early Bird** Registration Fee a) **RM300/pax**
(full payment by 31st Jan 2012) b) You & Your Buddy's Special: RM500/2pax
 Registration Fee after 31st Jan 2012 a) RM500/pax
 b) You & Your Buddy's Special: RM900/2pax

What You Get:

- 1 -day Workshop
- Morning Tea, Lunch and Afternoon Tea

Name _____

Mobile No _____

Email _____

Signature _____

Name _____

Mobile No _____

Email _____

Signature _____

Total amount received from registrants (RM) _____

Received on behalf of Kinabalu Pink Ribbon

Date