

ATURCARA LATIHAN

*Mindset Transformation and Skills
Development Training*

HARI PERTAMA
20 Ogos 2025



8:00pg - 8:30pg

Pendaftaran Peserta



8:30pg - 9.30pg

Apa Itu Mindset?



9.30pg - 10:30pg

Kepentingan Mindset



10:30pg - 11.00pg

Minum Pagi



11.00pg - 1.00tgh

Berfikir Luar Kotak?



1.00tgh - 2:00ptg

RESOMA

Rehat, Solat, Makan



2.00ptg- 3.20ptg

**SHIFTING : 8 Langkah
Membina Mindset Hebat**



3.20ptg- 3.40ptg

Minum Petang



3.40ptg- 5.00ptg

**SHIFTING : 8 Langkah
Membina Mindset Hebat**

Rewire Your Thinking, Redefine Your Life

ATURCARA LATIHAN

*Mindset Transformation and Skills
Development Training*

HARI KEDUA
21 Ogos 2025



8:00pg - 8:30pg

Pendaftaran Peserta



8:30pg - 9.30pg

Mencari Jangkaan



9.30pg - 10:30pg

**Kepentingan Mengurus
Jangkaan**



10:30pg - 11.00pg

Minum Pagi



11.00pg - 1.00tgh

**Lingkungan &
Tingkatan Kawalan**



1.00tgh - 2:00ptg

RESOMA
Rehat, Solat, Makan



2.00ptg- 3.20ptg

**Kerangka Pengurusan
Jangkaan**



3.20ptg- 3.40ptg

Minum Petang



3.40ptg- 5.00ptg

**Kerangka Pengurusan
Jangkaan**

Rewire Your Thinking, Redefine Your Life