

# MINDFULNESS for Life

**4<sup>th</sup> OCTOBER 2019 (FRI) | 9 AM – 12 PM**

**WISMA WOMEN'S INSTITUTE OF MANAGEMENT, TAMAN TUN DR ISMAIL, KUALA LUMPUR**

Mindfulness has been gaining popularity in workplaces such as Google, Aetna and SAP with courses for employees. There is a link between wellbeing and productivity as it can be challenge juggling the demands of work and family. The constant thinking and doing could compromise our mental health, eventually our body, and work performance.

Join us for a taster workshop on Mindfulness Based Cognitive Therapy (MBCT) developed by the University of Oxford. MBCT is designed to help people who are experiencing stress, anxiety, burnout, depression or chronic pain. The intention is to discover wellbeing, and instead of avoiding the elephant in the room, we develop resilience to tackle challenges. MBCT combines cognitive therapy techniques, breathing and awareness practices, and universal values of kindness, non-judgement and curiosity to cultivate a new relationship with our mind and body. This workshop is suitable for the general public including those who are simply curious about mindfulness or are looking to deepen their practise.

## WHAT WILL WE LEARN

**The two-hour workshop aims to give a taster on how to:**

- ♥ step out of automatic pilot and dencetre to take an alternative perspective
- ♥ regulate our emotions and tap into our inner wisdom for decision-making
- ♥ regulate our attention to stay focused and let creativity flourish
- ♥ respond skillfully to triggers, troubling thoughts, emotions and physical pain
- Ω practise self-care at any time and place

## IMPORTANT !!

In addition to WIM's registration form, kindly complete this [Pre-Course Survey](#)

The information shall be kept private and confidential, and is only intended to help the Facilitator understand your needs. You may choose to remain anonymous. Please contact the Facilitator at [noellelimlj@gmail.com](mailto:noellelimlj@gmail.com) if you have any questions about completing the survey.

**Non – Member  
RM80**

**Member  
RM60**



Wim Programme



[admin@wimnet.org.my](mailto:admin@wimnet.org.my)



03-77250268 / 77250288 / 77273918



**Women's Institute of Management (264164-K)**

A Non-Profit Company Limited by Guarantee & Whitout Share Capital

Wisma WIM, 1<sup>st</sup> Floor, 7 Jalan Abang Haji Openg, Taman Tun Dr Ismail  
60000 Kuala Lumpur, Malaysia



**Noelle Lim** has completed the MBCT foundational teacher training at Oxford Mindfulness Centre, University of Oxford, and refers to the UK Good Practice Guidelines. She has also completed related training in other pioneering institutions: 8-Week Mindfulness-Based Stress Reduction (MBSR) by University of Massachusetts, and Cognitive Behavior Therapy (CBT) for Depression by Beck Institute. She is currently a Producer/Presenter at BFM 89.9 and is its first employee. She has held various roles at DBS Bank Singapore, OSK Investment Bank (RHB), Securities Commission, and Arthur Andersen & Co (EY); and is a Fellow of the Eisenhower Fellowships, and the Institute of Chartered Accountants in England and Wales (ICAEW); and studied at the University of Hull under a full scholarship.

## REGISTRATION FORM

4th October 2019 (Friday)

9am -12pm

Fees: RM80 (Non-Member), RM60 (Member)

Name : \_\_\_\_\_

Company: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_

Postcode: \_\_\_\_\_ City: \_\_\_\_\_

Tel: \_\_\_\_\_ Fax: \_\_\_\_\_

Handphone: \_\_\_\_\_ E-mail: \_\_\_\_\_

### Payment Details:

By Cheque / Cash: I enclose cash/cheque RM \_\_\_\_\_ payable to  
**'Women's Institute of Management'**

Bank the payment into **Women's Institute of Management** account:

Bank: **CIMB Bank Berhad** Account No.: **8000694925**

(Fax or email the bank-in slip as the proof of payment)

By Credit Card: Please charge RM \_\_\_\_\_ to my credit card: V / M

Name of Cardholder: \_\_\_\_\_

Credit Card No.: \_\_\_\_\_ Expiry Date: \_\_\_\_\_

Card Issuing Bank: \_\_\_\_\_

Please tick if you are WIM Member

I understand that a place is reserved when payment has been received by WIM

Signature \_\_\_\_\_ Date \_\_\_\_\_

### REGISTRATION POLICY

#### REGISTRATION

Registration Form must be completed and submitted together with full payment of the seminar fees to WIM before commencement of the seminar. Otherwise, we may have to treat your registration(s) as unconfirmed.

#### SUBSTITUTION OR CANCELLATION

Substitution of participant(s) is allowed provided WIM is notified in writing of the same with the name of the new participant(s) at any time prior to commencement of the seminar.

WIM reserves the right to cancel, reschedule or postpone the seminar due to unforeseen circumstances. Every effort will be made to inform registered participants.

#### PAYMENT

Payment paid is not refundable. Fees include refreshments and course materials.

**CLOSING DATE:**

**27th SEPTEMBER 2019**