



GOAL SETTING FOR PROFESSIONALS



Understanding the power of setting goals, learning the skills to set yourself up correctly before starting a journey. People with written goals are 50% more likely to achieve success compare with people without goals



30th May 2024

MEF Academy

3A06-3A07, Block A, Pusat
Dagangan Phileo Damansara
II, Seksyen 16, Petaling Jaya

8.30am - 5.00pm

RM 850.00

Member/pax including SST

*HRDF Claimable

Payable to MEF Academy Sdn Bhd

Contact Us Today!



+603 - 7498 7200



nazlina@mef.org.my
roszana@mef.org.my

<https://forms.office.com/r/7eEaMaKaQz>

Scan to
register
Limited seats
available!



Trainer Profile

MS CHONG WAN LING is an experienced professional with a rich background spanning 13 years in the higher education industry. Passionate about both academic and business development, she is dedicated to leveraging her expertise to make a positive impact on society by providing top-quality education and fostering opportunities to the future leaders. Her expertise extends to business development, where she has successfully identified and pursued opportunities for growth and expansion. Her extensive experience also encompasses training, where she has excelled in developing and delivering impactful training programmes tailored to the unique needs of diverse audiences. She has played a pivotal role in designing and implementing training initiatives aimed at enhancing skills and capabilities of staff and students alike. Her innovative approach to training delivery ensures that participants are actively engaged and equipped with practical skills that can be applied in real-world scenarios



Agenda

- | | | |
|---------|---|---|
| 8.30am | | Registration |
| 9.00am | 1 | Understand SMART goals |
| | 2 | Learn to write out SMART goals |
| 10.30am | | Tea Break |
| 10.45am | 3 | Principles of Goal Setting |
| 1.00pm | | Lunch Break |
| 2.00pm | 4 | Personal Goals |
| 3.30pm | | Tea Break |
| 3.45pm | 5 | Goal Systems (Monthly goal sheet, Daily goals & Planners) |
| 5.00pm | | End of workshop |