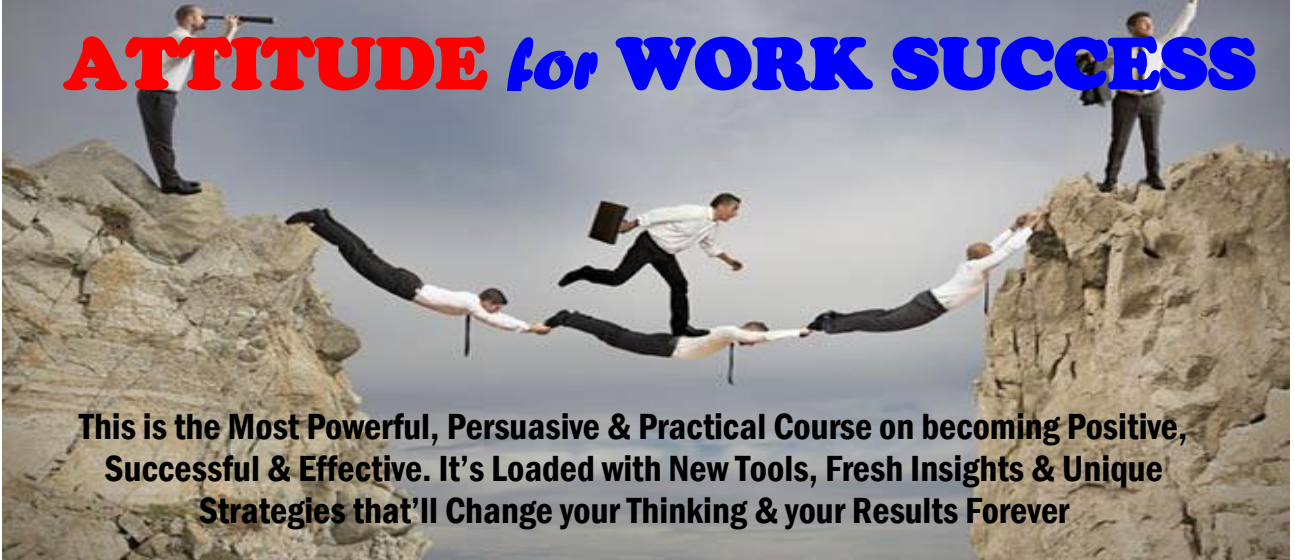


# DEVELOP & APPLY POSITIVE ATTITUDE *for* WORK SUCCESS



This is the Most Powerful, Persuasive & Practical Course on becoming Positive, Successful & Effective. It's Loaded with New Tools, Fresh Insights & Unique Strategies that'll Change your Thinking & your Results Forever

**This empowering, feel awesome, energetic & mindset changing course is also available IN-HOUSE.**

**Claimable under HRDF.**

**Call or email us today!**

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## LEARNING OBJECTIVES & OUTCOMES

- Ⓞ Master an incredibly powerful psychological trigger that gets you going with amazing enthusiasm & initiative every day
- Ⓞ Uncover your mental blueprint - change & install winning programs
- Ⓞ Check & evaluate whether your Little Voice (subconscious mind) is sabotaging your work success
- Ⓞ Obtain effective tools to conduct mental spring cleaning - clear out outdated ideas, negativity, not empowering thoughts, emotional scars, stress & worries that cripple you unnecessarily
- Ⓞ Lay your hands on the only system to reprogram your brain; eliminate destructive, limiting, self sabotaging beliefs, mood swings, habits & behavior

**PEAK SUCCESS ABUNDANCE SDN BHD (1104937-T)**

Unit 6, Tkt 3, Blk B, Pst Perdagangan Tmn Dagang, Jln Dagang Utama, 68000 Ampang, Sel

Tel: 03-42703064 H/P: 012-6170560/017-8739633/016-5488336

Email: [info@peaksuccessabundance.com](mailto:info@peaksuccessabundance.com)/[success.abundance@hotmail.com](mailto:success.abundance@hotmail.com)

- ⊙ Tap into proven ways to turbo charge yourself & keep energy awesome
- ⊙ Understand powerful ways to anchor your win & change your state of mind instantly!
- ⊙ Master the Law of Focus/Law of Attraction

## **COURSE OUTLINE FOR 2 DAYS**

### **1. POWER OF A POSITIVE ATTITUDE**

**Responsibility - “Holding Myself Accountable For Job Performance Begins With Holding Myself Accountable For My Attitude”**

- 👉 Check the way you dedicate yourself & the way you think
- 👉 Developing your attitude attributes
- 👉 Apply the strategies that lead to positive attitudes
- 👉 Develop a “Yes I Can!” attitude

**Demonstration: The PMA Wake Up Call!**

### **2. ARE YOU NEGATIVE? BEHAVIOURS THAT DEFINE YOU**

**Self Analysis - “Who am I really inside? What do I see in me?”**

- 👉 Evaluate how you see the world, challenges & change (master your mental map of the world)
- 👉 Understanding yourself & what drives your behavior
- 👉 Are your vehicles destructive, neutral or positive?
- 👉 How to utilize your strengths to get to where you want to be

**Activity: Changing Mental Map/Internal Representation**

**Reflective Exercise: Writing Powerful Affirmations**

**Visualization: Scaling Technique**

### **3. THE CONTROLLING FORCES THAT DIRECT YOUR LIFE**

**Awareness Before Change (ABC) - “Why do I behave the way I do?”**

- 👉 Understand how the subconscious mind control 70% of our daily behavior
- 👉 Be aware how thoughts & mental impressions turn into beliefs
- 👉 How we spend a life-time validating & manifesting our own beliefs
- 👉 Life changes when our beliefs change

**Exercises: Living In The Present Moment**

**Challenge Game: Breaking Limiting Beliefs**

**ABC: Dickens Technique (Pleasure vs Pain)**

### **4. MENTAL BLUEPRINT & LITTLE VOICE MANAGEMENT**

**Subconscious Mind - “Your Inner World Creates Your Outer World”**

- 👉 Recognize how your Little Voice can control, sabotage & destroy you
- 👉 Override & master the Little Voice
- 👉 Powerful methods to change your mental blueprint
- 👉 Ultimate test is creating positive change

**Sharing: Chart Your Success Blueprint & Mental Map**

**Activity: Ways To Manage The Little Voice Inside You**

### **5. BREAKING BAD HABITS: “I’ve Always Been This Way”**

- 👉 Using practical tools to break cycle of pessimism & negative thinking
- 👉 How to eliminate the 6 most destructive habits & behavior that prevent you from being a peak performer & a success

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## Practice Session: NLP Techniques - Reprogram Negativities Into Empowering Thoughts & Beliefs (SWISH & Parts Integration)

### 6. CHOOSING POSITIVE INTERNAL & EXTERNAL LANGUAGE

- 👉 Watch your self talk & internal dialogue
- 👉 Avoid engaging in negative dialogue
- 👉 Reformat & rewrite your language/words for more positive results

Language of optimism - radiate optimism

**Role Play: Reframing Technique**

**Evaluation Exercise: Auto-Suggestion/Self Fulfilling Prophecy**

**Reprogramming Mental Negativity Into Constructive Thought**

### 7. THE SECRET OF THE LAW OF ATTRACTION/LAW OF FOCUS

- 👉 How does this work? How can I apply it to my life?
- 👉 Focus on what you want, not what you don't want
- 👉 Harness into the power of this natural Universal Law

**Video Show: The Secret**

**Discussion: Explore, Challenge, Reflect, Decide & Apply**

### 8. REMOVE NON EMPOWERING THOUGHTS & EMOTIONAL SCARS

**"Clean Up The Messes & Clear Incompletes"**

- 👉 Learn powerful techniques to get rid of a lifetime of negative programming
- 👉 How to let go of fears holding you back

**Unique CD Experience: Mind Frame Technique**

**Exercises: Mind Clearing Stress Elimination & Relaxation**

**Demonstration & Practice: Emotional Freedom Technique (EFT)**

### 9. ENERGY MANAGEMENT: *"Direct Yourself Into Peak Performance States"*

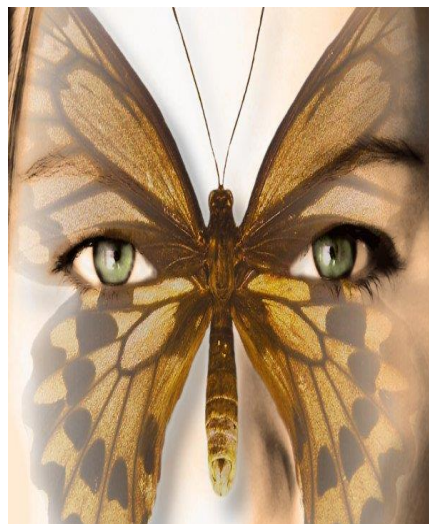
- 👉 Discover the million dollar secret behind initiative & enthusiasm
- 👉 How to change your state by changing your physiology
- 👉 Anchoring your favorite emotion
- 👉 Living a balanced life - maintaining a positive outlook

**High Impact & Rejuvenation Session: Energy & Peak Performance Techniques**

### 10. ULTIMATE TRANSFORMATION! TAKE OFF YOUR MASK & USE YOUR INNER POWER TO TRANSFORM POSITIVELY

How to transform to be a person who is happier, healthier, positive, more fulfilled, more productive, in better relationships, having more self-esteem & feeling more self-confident?

**Awesome, Breakthrough Session:** High impact, energetic, inspiring. Breaking through all barriers, emotional scars, mental stress & limitations holding you back. Create positive inner power, energy to make the transformation in your life!! Using a combination of NLP techniques, mind control tools, guided imagery, Law of Attraction/Law of Focus, sound, movement, visualization, affirmation & self fulfilling prophecy.



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## WHO SHOULD ATTEND

All managers, executives, supervisors, all support & admin personnel, sales & marketing, customer service & front desk, PR, technical staff, engineers, production staff, QA staff - **ALL** who wants to transform into an energetic, high performer every day

## COMPREHENSIVE MANUAL & WORKBOOK - WE GO THE EXTRA MILE

A practical, easy to read yet thorough set of notes for the participants. It is wonderfully & carefully written with relevant & humorous pictures. It is **content-rich** but **summarized** for easy reading & follow through. **This Is Rachel Khor's Special Gift To The Participants As A Fantastic Takeaway After The Training.**

## TRAINING METHODOLOGY

### Accelerated Learning Technique based on 4Ps: Preparation, Presentation, Practice, Performance

To make the training effective & thought provoking yet lively & entertaining, the trainer utilizes a combination of various training methodologies including a combination of expert input plus practical sessions:

- 👉 Group Discussions, Presentations, Video Clips
- 👉 Brainstorming Sessions, Practical Hands On Sessions
- 👉 Group & Individual Exercises
- 👉 Demonstrations, Games & Activities
- 👉 Creative Music, Visualization, Affirmation, MLP Tools
- 👉 Notes & Hand Outs

## COURSE TRAINER - Rachel Khor



- Certified Master Performance Coach (ICF Approved)
- From DC Psychology International & American Institute of Business Psychology
  - Certification in Colored Brain Communication
  - Certification in Human Drivers & Motivation
  - Certification in Dynamic Speaking
  - Certification in Curriculum Development
- Certified Trainer in Emotional Quotient
- Trained with Master Cheng Hung Yeh in Truth of Emotions Through Movements, Energy Dance (Body, Mind & Soul), Language Communication
- Certified Trainer PSMB (Ministry of Human Resources Malaysia)
- Certification in Neuro Linguistic Programming (NLP)
- Certification in Hypnotherapy from London College of Clinical Hypnosis (LCCH)
- Attended course on Silva Life System in Mind Development & Stress Control
- Studied & Did Research on Positive Thinking, Mind Mastery, Law of Attraction, Visualization, Self Fulfilling Prophecy, Affirmation, Creativity & Innovation.

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Rachel Khor is currently the **Principal Trainer & Chief Learning Strategist** with Peak Success Abundance Sdn Bhd as well as an experienced entrepreneur & businesswoman. She is a **Master Trainer** in Creativity & Thinking Outside The Box, Problem Solving Skills, Master Your Mind, Emotional Intelligence & Emotional Drivers, Success Tools & Colored Brain, Communication, Negotiation, Peak Performance, Goal Setting, Positive Work Attitude, Leadership & Sales Warriors.

She has undertaken training, consultancy & facilitation projects with various companies, both private & public sectors. She is a sought after Learning & Development Strategist, People Developer, Trainer, Coach & Mentor. Her training incorporate effective evaluation methods, powerful techniques of varied disciplines & practical tools for all her learning solutions.

**Driven by a passion for delivering awesomeness**, she ensures she execute cutting edge learning technologies, share highly relevant knowledge, provide critical & up to date information, deliver time tested methodologies & conduct interactive sessions - all are formulated to achieve results like never before.

Her **determination & speed in producing training solutions** is one of the key reasons her clients keep coming back to her over & over again. Her research, knowledge & experience made Rachel Khor in the front line within her profession.

She loves people development - during her high impact training sessions she is committed, dynamic & outcome driven. **She utilizes Accelerated Training methodologies to inspire change & fast results.**

She trains with her personal brand of positivity, charisma & focus which greatly motivates her participants to achieve greater heights of achievement.

Participants have described her sessions as inspiring, thought provoking, energetic & easy to understand.

During her sessions, her ability to be **neutral, non-judgmental, supporting the group & upholding its wisdom has allowed her to effectively extract participation in a magical way.**

**Based on the belief that every individual has a core genius & the ability to soar given the right opportunity; Rachel's training methodology breaks limiting beliefs, overcomes obstacles & cultivates trust across cultures.**

Rachel receives rave reviews/excellent ratings due to her dynamism, knowledge & fantastic rapport with her participants. She achieves this by ensuring her training is **relevant & solution based - always updated with new ideas, strategies & techniques.**

**SATISFACTION GUARANTEED!**

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**TOSHIBA - Work Excellence  
& Productivity**



**UOB BANK KL - Positive Mental  
Attitude & Work Success**



**UOB BANK - Motivating Yourself  
To Peak Performance**



**CLIENTS FROM RACHEL'S INHOUSE & PUBLIC TRAINING  
INCLUDE...**

Leighton Offshore, Petronas, Sarawak Energy, Shell, Talisman, BNM, Kementerian Kewangan, Kenanga, Alliamz, Ambank, Affin Holdings, CIMB, Exim Bank, Maybank, Mavcap, RHB Bank, Public Bank, UOB, HSBC, Danajamin, Pan Malaysia Pools, MAA Assurance, Malaysian Reinsurance, Takaful Iklas, Tokio Marine, ACE, Aneka Insurance, Etiqa, MII, Agilent, Ansell, Bristol, Cahya Mata, Cameron, Camcar Textron, Cyberview, Dell, Emhart Glass, Khazanah Nasional, Kotak, Infineon, IJM Plantations, Impressive Edge, Kanzen, KKIP, Kossan Rubber, LG Aluminium, M Mode, Merck, Mimos, MRCB, MNRB, Minetech Resources, Munchys, Myceb, OYL Industries, Pernec, Prokhas, Royal Selangor, Selangor Industrial Corporation, Samsung, Sara Lee, Scenic Moulding, Sime Tyre, SIRIM, Tencate, Takeuzi, Totokiki, Toshiba, Niro Ceramic, Valuecap, White Horse, UMW, MAS, Msian Airport, KLAS Airport Services, Lembaga Pelabuhan Klang, PTP, Westport, Johor Port, TNB, Telekom, Maxis, Sunrise, SP Setia, Selangor Dredging, Worldwide Holdings, YLI Industry, IOI, Genting, Hotel Equatorial, Eastin Hotel, Saujana Resort, Subang Medical Centre, Ampang Puteri Hospital, Institut Jantung Negara, Yayasan Pelajaran MARA, Msian Export Academy, FMM, UEM, Naza, Open University, Swinburne University, UKM, UM, DBKL, PNB, Iskandar, MOF, MOH, Ministry of Tourism, Jabatan Ketua Menteri, Jabatan Perancangan Bandar, SPAD, Yayasan Sarawak, etc

**CELEBRATION - "Happiness & Joy Is When We Complete The Most Inspiring,  
Beneficial, Phenomenal & Fantastic Course Ever"**



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