



Quality Learning Quests by MERCU™

I'm PREPARED! to INSPIRE & BE INSPIRED

– A Motivational Workshop for Parents & Child

Target group	P5 - S2	
Date	26 Nov 2011	
Time	9.30 am - 5.00 pm: <i>Child</i>	4.00 pm - 5.00 pm: <i>Parent/s</i>
Venue	AMP Auditorium @ Pasir Ris East Community Building (Level 4)	
Transport	No.	
Objectives	<p>This specialized workshop is about moulding our participants to Inspire & Be Inspired. Participants will be;</p> <ul style="list-style-type: none"> Encouraged to step out of comfort zones and live above the line. Equipped with pointers on demonstrating the right physiology, using positive languages and focusing on the good things in life. Trained to understand beliefs and how it serves good purposes and its effects. 	
About the Speaker	<p>Hafiz Tahir is a young enthusiast who has 8 years of experience running programmes for over 30,000 people in 5 different countries. He is known to be very passionate and dedicated to people's success in encouraging their spirit dreams to become reality. He understands the needs of his participants and does his best to cater to all.</p>	
Programme Schedule	9.30 am - 11.30 am	<p>Introduction SESSION 1- Comfort Zone</p> <ul style="list-style-type: none"> - What is Comfort Zone? - How Beneficial it is to step out of it
	11.30 am - 12.30 pm	<p>SESSION 2- Physiology, Language and Focus</p> <ul style="list-style-type: none"> - How can Physiology affect your everyday life? - Choosing the right Choice of Words to use to stimulate the mind in a positive way. - What are the implications of some Words? - How you can shift your Focus and what should you Focus on?
	12.30 pm - 1.30 pm	LUNCH BREAK!
	1.30 pm - 4.00 pm	<p>SESSION 3- BELIEFS</p> <ul style="list-style-type: none"> - Understand what a Belief is - What build your Beliefs in Life? - Learn how you can change a Belief - How to make a positive Belief stronger? - Build a concrete Positive Belief for yourself
	4.00 pm - 5.00 pm	<p>Welcome Parents! - Re-cap on points for Parents. SESSION 4- COMMUNICATION</p> <ul style="list-style-type: none"> - What is an effective Communication? - How to establish a Good Communication? - Understand the different ways of Building Rapport <p>End & Goodbye!</p>
Programme Fees	<p>\$45.00 per child (INCLUSIVE OF LUNCH) *20% off if sign up in September. *10% off if sign up in October.</p>	<p>Additional Parent at \$10.00 (1 PARENT COMPLIMENTARY)</p>



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