

Building Self-Confidence for Excellence



About us

Who we are

The Centre for Continuing and Professional Education (CPE) was established in 1999 to provide continuing professional education and lifelong learning opportunities for University's staff, students, alumni and the public. As part of TAR UMT's commitment to continuing education and lifelong learning, CPE is entrusted with designing, developing and delivering various activities, workshops and programmes to meet the diverse learning needs of multiple parties.

About This Training

Success and confidence are inextricably linked. Success comes to those who believe that they will be successful. Many like to choose what they want in life but only do so sometimes. Are you one of those? The programme offers you the steps to self-fulfilment that can positively transform you and your life. It would provide insights and a new view that will energise, enliven and change your mindset. With a pragmatic approach, you can tackle your fears and worries that have bogged down your confidence in moving forward in your career and life. This new confidence will bring happiness into all you do and touch others around you.



Date and Time

27 - 28 March 2023
Monday to Tuesday
9 AM to 5 PM



Training Venue

TAR UMT
Jalan Genting Kelang, Setapak
53300 Kuala Lumpur



Trainer

Dr. Sharon Low

COURSE CONTENTS



UNDERSTANDING THE
IMPORTANCE OF CREATING
CONFIDENCE

PRACTICAL STEPS IN
BUILDING YOUR CONFIDENCE



MANAGING PERSONALITY
DIFFERENCES

DEVELOPING WIN-WIN
SITUATIONS FOR PEOPLE

FACING REALITY AND
REINFORCING
RESPONSIBILITY



MOTIVATING SELF AND
OTHERS

APPLYING SUCCESS MATRIX
AND GOAL SETTING

BUILDING MORAL COURAGE
TO EXCEL IN EVERYTHING
YOU DO

Introduce our Trainer

Dr. Sharon Low

Dr. Sharon Low has ten years of working experience in the oil and gas industry and three years in the banking arena. With ten years in oil and gas, she has developed a strong expertise and corporate network in the fabrication industry. She has also acquired financial knowledge during her time in the banking industry. She is qualified with a Master in Business Administration (MBA) from the University of the Sunshine Coast, Australia. She is a government scholar with a doctorate from the University of Malaya, majoring in entrepreneurial development. She has completed and is eligible to be a Certified Financial Planner from the Financial Planning Association of Malaysia (FPAM). She has also successfully acquired Victual LearnCaster Certificate (VLC). In pursuing her dream to become a trainer, Sharon successfully obtained the Certification in Training from PSMB (Ministry of Human Resources) and became a Certified Professional Trainer at MIM (Malaysian Institute of Management) in 2009. She has conducted various public management courses in Malaysia since 2011. Sharon has undertaken leadership team-building programmes for Shimano Components (M) Sdn Bhd, Contraves Advanced Devices Sdn Bhd, COHU Malaysia Sdn Bhd, Malayan Flour Mills Bhd etc., and in-house programmes, including Boosting Productivity through Winning Attitude, Managing Your Time Monster, The Dynamics of Personal Presence and Building Self Confidence to companies such as Bagus Industry (M) Sdn Bhd, Combat Coating (M) Sdn Bhd, Kendek Products Sdn Bhd and the University of Sri Jayewardenepura. She has also conducted training in Mandarin with Hai-O Enterprise. She is currently a facilitator for MIM's Certified Professional Manager and Leader Programme.



Click/Scan
for enquiry



Contact Us



Centre for Continuing and
Professional Education

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+601110758530 (whatsapp)

training@tarc.edu.my
<https://www.tarc.edu.my/cpe/>

Building Self-Confidence for Excellence

Venue: TAR UMT, Jalan Genting Kelang, Setapak, 53300 Kuala Lumpur

Date: 27 - 28 March 2023 (9.00 am - 5.00 pm)

REGISTRATION FORM



CENTRE FOR CONTINUING & PROFESSIONAL EDUCATION

Fees: Public
RM 795.00 per participant
(inclusive of 6% Service Tax)

TAR UMT Student/Alumni
RM 636.00 per participant
(inclusive of 6% Service Tax)

The Manager

TARC Education Foundation (1033820M)

Tunku Abdul Rahman University of Management and Technology (TAR UMT)

TEL: 03-4145 0170

Email: training@tarc.edu.my

Dear Madam / Sir,

Please register the following participant(s) for the above programme: (To be completed in BLOCK LETTERS)

1

Name :

Email:

IC No. :

Mobile No. :

Nationality :

Designation :

2

Name :

Email:

IC No. :

Mobile No. :

Nationality :

Designation :

(If space is insufficient, please attach a separate list)

Disclaimer

Registration is on a first-come-first-served basis. All cancellations must be made in writing. Cancellation made 14 days or more in advance of the workshop date will receive full refund. Cancellations made thereafter will be subjected to a cancellation fee of 50% of the workshop fee. All fees are payable in the event of non-attendance of any registered participant(s) or the overall attendance falls below 75% of total workshop hours. Replacement(s) can be accepted at no additional cost if notified 24 hours prior to the commencement of the workshop. The Tunku Abdul Rahman University of Management and Technology reserves the right to change the speaker, reschedule or cancel the workshop and all efforts will be taken to inform participants of the changes.

We hereby confirmed that (please tick accordingly):

We will be claiming under **HRD Corp Claimable Course** and full payment would be made to Tunku Abdul Rahman University of Management and Technology in the event that no disbursement from HRD Corp under any circumstances.

We will **NOT BE CLAIMING** from HRD Corp. Payment will be made to account payee TAR UMT by cheque or bank transfer to Public Bank Account No. 3 1 8 1 5 6 4 1 1 3. Kindly submit your payment remittance to training@tarc.edu.my together with this registration form.

Submitted by

Name :

Email :

Company Name:

Company Address :

Designation :

Telephone No. :

Company Registration No. :

Company Stamp & Signature :

Department:

Mobile No. :

Date :