Symphony Digest
(MyCoID: 870359P)

HRD CORP CLAIMABLE

Adaptability & Agility for Future Work

Aligned to FSF_PW001 (Adaptability & Resiliency) and FSF_PW007 (Learning Agility)

Unlearn, relearn & respond for a sustainable future

Experiential 2-day course rewires participants to embrace change as opportunity, turn setbacks into fuel, and become agile catalysts in their teams and organisations.

Course Details
Register now!

- **9 - 10 Sept, 2025**
- **9 am - 5 pm**
- **Concorde Hotel, Kuala Lumpur**
- **RM2,300** if register before 26 August
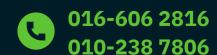- **RM2,600** normal price

Learning Outcome
What participants will be able to do:

- Demonstrate behaviour aligned to FSF Proficiency Levels PL2–PL4
- Apply strategies to increase learning agility and overcome resistance to change
- Guide colleagues through adaptive challenges and shifting roles
- Cultivate a mindset of experimentation, feedback, and continuous growth
- Contribute to building a resilient, improvement-focused team culture

Experiential learning | ✓ Group simulation | ✓ Real-world case labs
✓ Reflective journaling | ✓ AI integration tools | ✓ FSF self-assessment mapping | ✓ Interactive lectures | ✓ Psychological safety-based facilitation

📞 **016-606 2816**
010-238 7806

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Module 1: The Future of Work is Human

- Interactive briefing on trends: AI, hybrid work, industry volatility

Module 2: Mindset Shifts That Matter

- Growth vs Fixed
- Scarcity vs Abundance
- Adaptive Mindsets

Module 3: Understanding Adaptability & Resiliency

- Break down the 5 PL levels with real-life work scenarios

Module 4: Agility Isn't Just Speed - It's Sense & Respond

- Strategic agility vs emotional agility vs behavioural agility

Module 5: Learning Agility - The New Leadership Advantage

- People
- Results
- Mental
- Change
- Self-awareness

Module 6: Your Learning Agility Radar

- Assess learning agility strengths/gaps
- Realign mindset

Module 7: Psychological Flexibility & Emotional Resilience

- Practical tools to navigate overwhelm, ambiguity, and pressure

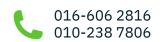## Module 8: AI in Adaptability - Prompting for Resilient Mindsets

- Using ChatGPT/AI copilots to reframe, learn, plan during disruption

Module 9: Leading Teams Through Change

- Techniques for building trust, safety, and forward momentum

Module 10: The Adaptability Sprint Plan (30 Days)

- Create a personalised action plan to elevate your PL level

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Trainer's Profile

Consistently rated 4.9/5

The Trainer is an accredited HRDC trainer. He is a seasoned corporate trainer, specialising in leadership development, generative AI applications, strategic execution, time and productivity optimisation and more.

His clients include both private and public organisations such as North Port Berhad, Ajinomoto (M) Sdn Bhd, Tamadam Industries Sdn Bhd, Vesuvius Malaysia Sdn Bhd, Kawasaki Motors (M) Sdn Bhd, Ohta Precision (M) Sdn Bhd, Dailycom Sdn Bhd, The Chicken Rice Shop Sdn Bhd, Majlis Daerah Kuala Selangor, Majlis Perbandaran Subang Jaya, CAO Industries Sdn Bhd, Kuala Lumpur International Hotel, 3-point 8 art & Creative Sdn Bhd, Motosikal dan Enjin Nasional Sdn. Bhd (Modenas), Gas Pantai Timur Sdn Bhd, IRR Sdn Bhd (Ippudo Ramen), Trimode System (M), Berhad, Ministry of Home Affairs, Omnimetric Technologies Sdn Bhd, Islamic Tourism Centre Malaysia and Jabatan Agama Islam Wilayah Persekutuan. The Trainer has been consistently rated 4.9/5 for his training sessions.

Prior to becoming a full-time trainer, the Trainer was the Director of Sales & Marketing for Directive Training International Sdn Bhd where he led the strategic planning and execution of marketing campaigns. His corporate experience also includes project management and consultancy.

Participant Details:

Name:
Position:
Department:
Contact Number:
Email:

Name:
Position:
Department:
Contact Number:
Email:

Admin Details:

Name:
Position:
Department:
Company:
Contact Number:
Email:
Address:

Payment Method: ☐ Direct Payment ☐ Claim HRD

Notes:

- *Cancellations made less than 14 days before the training date or non-attendance on the day of training are non-refundable. Substitution is allowed.*
- *Once registration is confirmed, the client is fully liable for the course fee, regardless of whether payment is made directly or through the HRDC grant, and even if participants do not attend the training.*
- *Clients who opt for direct payment must ensure full payment is made before the training date.*
- *HRDC grant applications must be submitted and approved before the training day. The maximum claimable amount is RM1,750 per participant per day. Any shortfall between the approved grant and the course fee must be topped up by the client.*
- *Should the number of confirmed participants be too low to ensure a meaningful learning experience, Symphony reserves the right to postpone or cancel the training.*

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