

Public Training Programmes (PTP) under HRDF SBL-Khas Scheme (HRDF Claimable)

We are pleased to announce that Applied Positivity Enterprise Sdn Bhd as HRDF Training Provider, will be organizing a series of 2-day Acceptance and Commitment Training (ACTraining) Process-based Optimal Wellbeing Training Workshops based on Acceptance and Commitment Therapy (ACT):

(1) Experiential ACT Wellbeing Training in the Workplace

- To acquire basic knowledge of ACT core processes and its underlying theory (Relational Frame Theory)
- To acquire effective skills to deal and cope with thoughts, feelings and behaviours
To enhance positive mental health, psychological wellbeing and resilience

(2) ACT Wellbeing Skills Development and Engagement in the Workplace

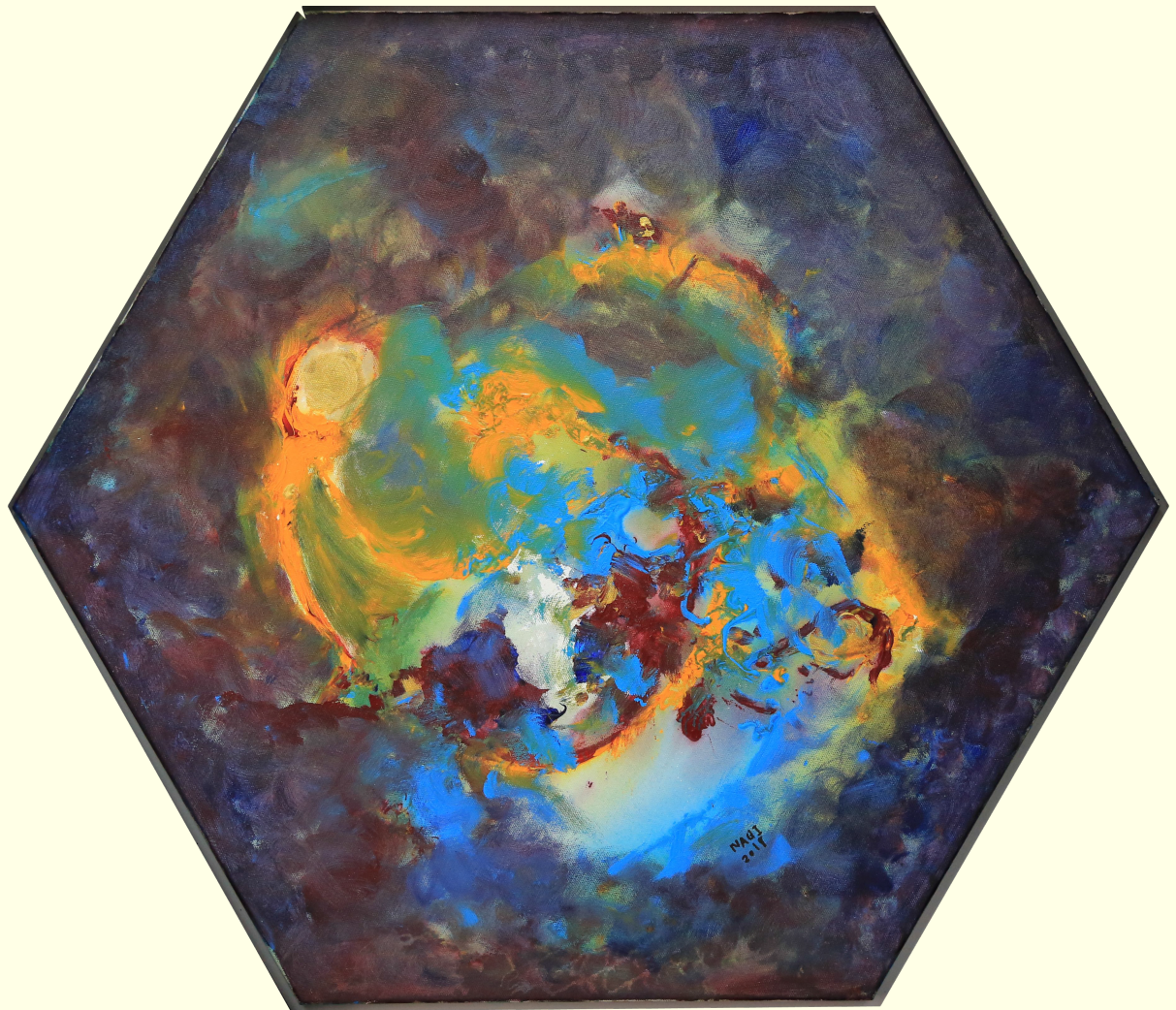
- To apply ACT Wellbeing Skills into evidence-based practice in the workplace
- To utilise ACT proven strategies and skills to be positively engaged in the workplace
- To sustain positive change in fulfilled and meaningful life, personally and professionally

(3) Acceptance and Commitment Training (ACTraining) in the Workplace: Developing Psychological Flexibility Skills

- To improve performance and reduce stress and burnout at work
- To focus on improving development of psychological flexibility and engagement in the workplace
- To understand the principles of ACTraining and Psychological Flexibility by application of ACT model in the workplace

Come and experience of what it is like experientially to do ACT in a real context hands-on practice and feedback- “I hear and I forget. I see and remember. I do and I understand.” ACT is a practical functional contextual approach in helping and guiding you to cultivate psychological flexibility and engagement in the workplace. In these workshops, you will learn and obtain positive and engaging experience and gain the ACT skills which give a sense of vitality, meaning, flourish and fulfillment in the workplace. Get your act together by attending ACT workshops. Acceptance and Commitment Therapy (ACT) is part of the ‘third wave’ cognitive behavioural therapies (CBT) with strong evidence base. ACT focuses on values and context in promoting optimal wellbeing in the workplace.

For registration and further information, please kindly contact Ms Fiona at 017 6368970 / 012 9011338.



Mohamed Naquiuddin Noordin • Blossom on earth • Acrylic on canvas • 79 x 69 cm • 2018