

SALUS Programme

“Opening MINDS, Not Filling GAPS”

After your SPM, so what happens after this?

- A plethora of a thousand and one questions arises after your SPM (Sijil Pelajaran Malaysia) as school leavers – unexpected, uncertainty, unsure - what do you do? Where do you go? What do you want? How to deal and cope with change as school-leavers, moving from school to work/colleges? Only you know the answers to the questions you yourself have raised by focusing your attention within for “let him who would move the world, first move himself” (Socrates). Ask yourself – what is going on inside you at this moment? The greatest and most difficult obstacle you face is “yourself” for you have a tendency to react in ways that do not actually serve your interests. It is important to find and seek within yourself – all the barriers and obstacles that you have instill and build against it. What must be done will be done, regardless of what it takes.

“You can, you should; and if you’re brave enough to start, you will”.

- Stephen King

- First and foremost, you have to find your pathways and insights in personal development in knowing yourself “I am nothing....and everything” as the foundation and groundwork that can help you to thrive inwardly in preparation of life after school by transforming barriers to frontiers. You must be willing to let yourself be open to have self-discovery and to sense and find your “Why”. You have to find your “WHY” – why you do what you do? Why you must master yourself in discovering your own sense of purpose? What is your story? How you feel about it? Why?

*“Realize that you are simultaneously everything and nothing –
and decide what you want to be”.*

- Ray Dalio

- The 2day Training Workshop aims to take you through the journey to spark self-discovery for “the only journey is the journey within” (Rainer Maria Rilke) in finding your inner spark – your character strength, passion, talents, potentials. We are here not to try to convince or to change you. You have the choice within yourself to make change and inspire to discover who you are. We would like to be part of your initiative in personal aspects of change. Transition stage of development – from school to work/colleges/universities, are the critical period of change and when wellbeing is most crucial. You need to have the chance and opportunity to get heard and it is the starting point of finding your “WHY”. The training provides invaluable guidance and insights of your innermost self by examining your own internal thoughts and feelings and reflecting on what these thoughts and feelings mean. What matters is that you are in charge. How you see yourself? How to see yourself clearly?

“It is not what happens to us but how we react to it that defines who we are”.

- Epictetus

- When you want to make change in your life, you are often faced and challenged by resistance, whether internal resistance that occurs within yourself or external resistance that occur within your family, friends and people. Ongoing, continuous process of change is an integral part of development in the growing-up years. In order for you to grow as a person, you have to be willing to accept change. How you can instigate change within yourself – how you can make what you do; how you do it effectively and successfully. You need to observe, notice and aware of what is happening within your own selves that need to be changed. You cannot change what you do not notice. You do not have to make immediate or drastic change. You need to break change down into smaller chunk and steps rather than finding the whole complete change and transform overnight. You need time to understand the change procesas happening within yourself. You need to practice, practice and practice, till the skills become part and parcel of yourself, i.e. who you actually are? “Why” is who you are. Only then, change takes place.

*“Let us not look back in anger or forward in fear,
but around in awareness”.*

- James Thurber

- Attend the practical training workshop with an open heart and mind as a worthy endeavor for you find it hard and difficult to make sense of what you want, think or feel. The training aims to help you as school leavers grow as a person and also help you better yourself. We are better when we open up and share our thinking and emotions than when we think and feel alone. Let the process of self-discovery be revealed to you, in a practical, real-life experiences as in the 5-step process of self-reflection and planning:
 - Who do I want to be?
 - Who am I now?
 - How do I get from here to there?
 - How do I make change stick?
 - Who can help you?

“Work hard for something we do not care about is called STRESS.

Work hard for something we love is called PASSION.

We cannot change our lives until we change our MIND

Minds are like parachute; if they are closed, they would not hold us up.

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- Dr S H Lua

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