



CENTRIC GROWTH
SBL KHAS No: 202501002779

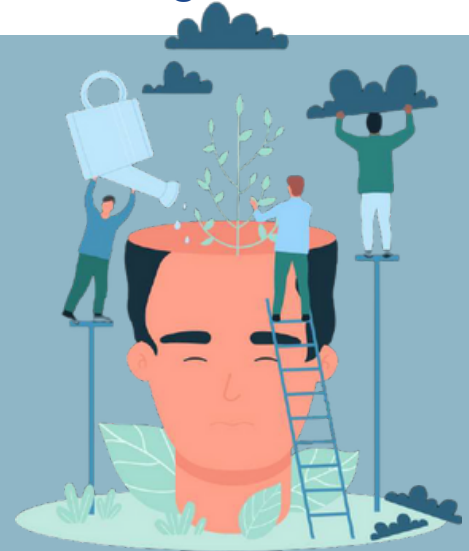


Program ID: 10001539132

Positive Mindset and Mindful Eating

Overview:

- This program equips professionals to enhance mental clarity, resilience, and physical health through mindset and eating habits. A positive outlook boosts creativity, motivation, and stress control, while mindful eating improves focus, energy, and nutrition—all key to reducing burnout.
- Participants will gain actionable tools for staying optimistic, choosing food intentionally, and managing pressure—all leading to greater productivity, satisfaction, and a healthier work culture.
- The outcome: a sharper, more energized workforce driving collective success.



Training outcome:

Participants will improve their personal general health being and reduce sick leave by 50 percent and reduce body weight

Training Objective:

Participants will know how to apply positive mindset and mindful eating to improve their health in daily life.

Module 1: Introduction

- Introduction of Health and wellbeing
- Introduction of Positive Mindset
- Introduction of Mindful Eating

Module 2: Positive Mindset and Its Importance

- Benefits of a positive mindset for personal and professional wellbeing.
- The science behind how a positive mindset influences health outcomes.
- Interactive brainstorming session: Share personal challenges and discuss strategies to cultivate a positive mindset.
- Methods to apply positive thinking in everyday life.

Mindful Eating



Module 3: Mindful Eating and Its Importance

- Define mindful eating and its role in improving physical and mental health.
- Discuss the concept of mindfulness in relation to food choices and eating habits.
- Practical techniques for mindful eating (e.g., raisin technique).
- Explore how mindful eating improves digestion, satisfaction, and weight management.
- Exercise: Guided mindful eating practice (using small pieces of fruit).



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Module 4: Integration of Positive Mindset and Mindful Eating

- Review the connection between positive mindset and mindful eating for long-term health benefits.
- Strategies for integrating both practices in daily routines.
- Discuss long-term impacts on personal wellness, job performance, and sick leave reduction.
- Group exercise: Develop a personalized action plan for integrating both practices.
- Q&A Session

Methodology

1	Interactive Learning
2	Practical Demonstrations
3	Physical & Mental Well-being Activities
4	Assessment & Reflection

Who should attend?

- Corporate Employees
- Factory & Industrial Workers
- Healthcare Professionals
- Teachers & Childcare Providers
- Security Personnel & First Responders
- Community Volunteers & Caregivers

Trainer Profile



- Dr. Vinoth is a highly accomplished corporate health doctor at Top Glove Medical Center, with 7 years of extensive experience in both medical practice and community service. He earned his MBBS in India and holds an Occupational Health Doctor (OHD) certification from NIOSH. Currently, he is a trainee in geriatric medicine at the Royal College of Physicians (RCP) Ireland.

Previously served as an emergency medical officer at HTAR, has been actively involved in Rotary, serving as the Community Service Director of the Rotary Club of Shah Alam for RY 2023 2024 and is now the President Elect for RY 2024 2025. Additionally, he coordinates the Save the Heart program by the Rotary Club of Shah Alam and is a certified trainer by HRDF.



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