



安讯教育与科技有限公司
Axon Consultancy Sdn Bhd

Mindset Mastery



TRAINING DETAILS

Duration : 2 Days

Training Hour : 9am to 5pm

Programme

Recommended Participants:

Supervisors, managers, professionals, and individuals striving for personal growth, resilience, and long-term success.



Axon Consultancy Sdn. Bhd.

(Co Reg no: 201701042497)

2-2, Plaza Usahawan Genting Kelang, Jalan Danau Naiga,
Taman Danau Saujana, 53300 Kuala Lumpur
jack@axonconsultancy.com | +6012 6159229



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Course Overview:

Mindset shapes how we perceive challenges, approach opportunities, and achieve success. This two-day interactive programme equips participants with the tools to shift from a fixed to a growth mindset, build resilience, and strengthen emotional intelligence. Through reflective exercises, role plays, journaling, and group activities, participants will learn to reframe setbacks into growth opportunities, harness the power of positive thinking, and set meaningful goals. By the end of the course, they will leave with a personalized action plan to sustain continuous growth and create long-term success in both personal and professional life



Course Objective

By the end of this programme, participants will be able to:

- Understand the concept of fixed vs. growth mindset.
- Reframe challenges into opportunities for growth.
- Cultivate resilience and adaptability in personal and professional life.
- Strengthen self-awareness, emotional intelligence, and positive thinking.
- Develop strategies for goal-setting, focus, and long-term success.
- Build a personal action plan for continuous improvement.



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Course Outline:

Day 1: Building the Foundation of Mindset Mastery

Session 1: Introduction to Mindset

- Fixed vs. growth mindset
- How mindset shapes success and performance
- Self-reflection: Identifying personal mindset patterns
- *Activity:* Mindset quiz & group sharing

Session 2: Self-Awareness & Emotional Intelligence

- The role of self-awareness in personal growth
- Understanding emotions and how they influence decisions
- Developing empathy and perspective-taking
- *Activity:* Emotional intelligence self-assessment

Session 3: Reframing Challenges & Building Resilience

- Overcoming limiting beliefs
- Turning setbacks into stepping stones
- Resilience strategies for workplace challenges
- *Activity:* Case study – “*Bounce Back from a Challenge*”

Session 4: Power of Positive Thinking

- The science of positivity and motivation
- Affirmations and visualization techniques
- Creating habits that reinforce optimism
- *Activity:* Daily positive journaling exercise

Methodology :

- Interactive lectures
- Role plays
- Self-assessments
- Group activities
- Journaling



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Course Outline:

Day 2: Applying Mindset Mastery in Daily Life

Session 5: Growth Mindset in Action

- Embracing feedback and continuous learning
- Adapting to change with flexibility
- Shifting focus from problems to solutions
- *Activity:* Group role-play on receiving and applying feedback

Session 6: Goal Setting & Achievement

- SMART goals and long-term vision planning
- Aligning mindset with professional and personal goals
- Overcoming procrastination and fear of failure
- *Activity:* Personal goal-setting workshop

Session 7: Communication & Influence through Mindset

- Using empowering language
- Inspiring others with a growth mindset
- Creating a culture of positivity and collaboration
- *Activity:* Group discussion – “*Shaping Mindset in My Team*”

Session 8: Personal Action Plan for Mindset Mastery

- Reflection: Key takeaways from the program
- Designing a 30-day mindset mastery plan
- Peer accountability sharing
- *Activity:* Commitment pledge – “*One new mindset habit I will practice daily*”

Methodology :

- Interactive lectures
- Role plays
- Self-assessments
- Group activities
- Journaling





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Trainer Portfolio: Mr. Wan Mohd Fadzil

HRDC Accredited Trainer | Certified Hospitality Trainer | Training Consultant

Wan Mohd Fadzil is a Certified Hospitality Trainer (CHT, AHLEI) with over **40 years of experience** in international hospitality and corporate training. Renowned for his passion, innovation, and leadership, he has driven success across world-class brands including **Pan Pacific, Sheraton, Parkroyal, Hilton, Hyatt, The Kasturi, and Adya Hotel Langkawi.**

As a dynamic consultant and HRD Corp Accredited Trainer, Wan Fadzil blends hands-on expertise with visionary leadership, equipping individuals and organizations with the skills to thrive in the highly competitive hospitality landscape. He is recognized not only for setting the gold standard in hotel operations but also for nurturing future industry leaders.



Training Expertise

- Customer Service & Guest Experience Excellence
- Hotel & Resort Operations Management
- Leadership & People Development
- Revenue Management & Strategic Pricing
- Pre-Opening & Orientation Programs
- Front Office & Rooms Division Excellence



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