

**1 August 2007, Bintang 1 & 2,  
Aras 3, JW Marriott  
Bengkel Pembangunan Diri**

- 10:00 Pendaftaran
- 10:30 **Sesi 1: Motivasi Jadi Diri**  
**Dato' Dr Hj Mohd Fadzilah Kamsah, Excel Training & Consultancy**  
Penyakit kanser bukan sahaja memberikan impak kepada pesakit, bahkan ianya juga melibatkan kaum keluarga dan rakan taulan. Sesi ini akan menunjukkan cara-cara bagaimana untuk menguasai minda, jasmani dan rohani dalam menghadapi situasi ini dengan perasaan positif.
- 11:30 **Sesi 2: Pemakanan Sihat, Hidup Sihat**  
**Prof. Madya Dr Mirnalini, Universiti Putra Malaysia**  
Khasiat dan pemakanan yang bagus membawa kepada hidup yang sihat. Sesi ini membantu peserta memahami apakah makanan yang sesuai dan berkhasiat serta kesannya terhadap kesihatan diri.
- 12:30 Makan tengah hari & solat Zohor
- 1:45 **Sesi 3: Wajah Anggun, Rasa Menarik**  
**Datin Norizan Azizah, Mary Kay**  
Wajah menarik, rasa menarik. Peserta diberikan tip mekap yang bersesuaian mengikut keadaan siang atau malam.
- 2:30 **Sesi 4: Imej dan Kesihatan**  
**Pn. Sharifah Raudhah, Speak for Wellness**  
Penampilan diri boleh membentuk keyakinan diri seseorang. Sesi ini akan menerangkan kepentingan penjagaan kesihatan dan penampilan diri secara keseluruhan supaya kelihatan sentiasa menarik.
- 3:15 Jamuan petang
- 3:45 **Sesi 5: Latino Dance\***  
**Mr Tony T.S., Latino Dance & Pilates Instructor**  
Sesi diakhiri dengan acara tarian latino sebagai satu acara senaman yang menyeronokkan.
- \* Para peserta dinasihatkan memakai pakaian dan kasut yang bersesuaian untuk acara tadarus ini.
- 4:30 Tamat

**8 August 2007, Bintang 1 & 2,  
Level 3, JW Marriott  
Empowerment Workshop**

- 10:00 Registration
- 10:30 **Session 1: Taking Care of Your Finances**  
**En Azizi Ali, True Wealth Sdn Bhd**  
A diagnosis of cancer affects more than your health; it also affects your finances. This session takes a look at how you and your loved ones can help plan your finances better, as well as helping you map out your basic financial health checklist and financial plan, and understanding financial issues.
- 11:30 **Session 2: Taking Charge of Your Body, Mind & Soul**  
**Mrs Eune Maniam, Breast Cancer Survivor**  
Being diagnose with cancer can be a very challenging moment, not only to the affected person, but also to her family and friends. This session will give tips on how to cope and how to have a positive outlook on life, as well as how to take charge of your mind, body and soul.
- 12:30 Lunch & Zohor prayers
- 1:45 **Session 3: Eating To Live, Or Living To Eat – A Look Into A Healthy Dieting Plan**  
**Ms Dee Sidha, Amanita**  
Having a good set of diet and nutrition leads to a healthy well-being. This session will help you understand the impact of a good diet, what to eat and dispelling the myth on "pantang" food.
- 2:30 **Session 4: I Think, Therefore I Am – Reflecting A Positive Image To The World**  
**Mrs Chung Siak Eoi, Asset Tree**  
This session deals with deportment and self-image – by choosing the right clothes and having the right posture will make a world of difference on how you portray yourself to the world!
- 3:15 Refreshment
- 3:45 **Session 5: Being Beautiful Is Not Hard Work!**  
**Datin Norizan Azizah, Mary Kay**  
This look good, feel good make-over session will teach you on the different colour combination for day and night make-up.
- 4:30 End

**YES, PLEASE SIGN ME UP!**

Please reply to PRIDE before 21 July 2007

**Sign me up for:**

- Bengkel Pembangunan Diri, 1 August
- Empowerment Workshop, 8 August

(Workshop goody bags will be distributed during registration)

**Participant's details: (tick where applicable)**

- I am a Registered Bond with PRIDE Participant
- I am NOT a Bond with PRIDE Participant, but I would like to attend the workshop
- \* (For non-registered Participant, the workshop fee is RM120 per workshop)

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Phone \_\_\_\_\_ Fax \_\_\_\_\_

Email \_\_\_\_\_

**Method of Payment:**

\*For Non-Registered Bond with PRIDE Participant only

- Cheque for RM \_\_\_\_\_, crossed and made payable to **PRIDE Foundation (Project Account)**
- Cash, walk-in payment on day of the workshop

Signature \_\_\_\_\_



**PRIDE FOUNDATION**

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