



PMCC
Progressive Mindset Coaching & Communication

TRAINING FEE
RM1,750/PAX

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1-DAY WORKSHOP BY ROSHNEE RAJASINGAM & PETER WYSS

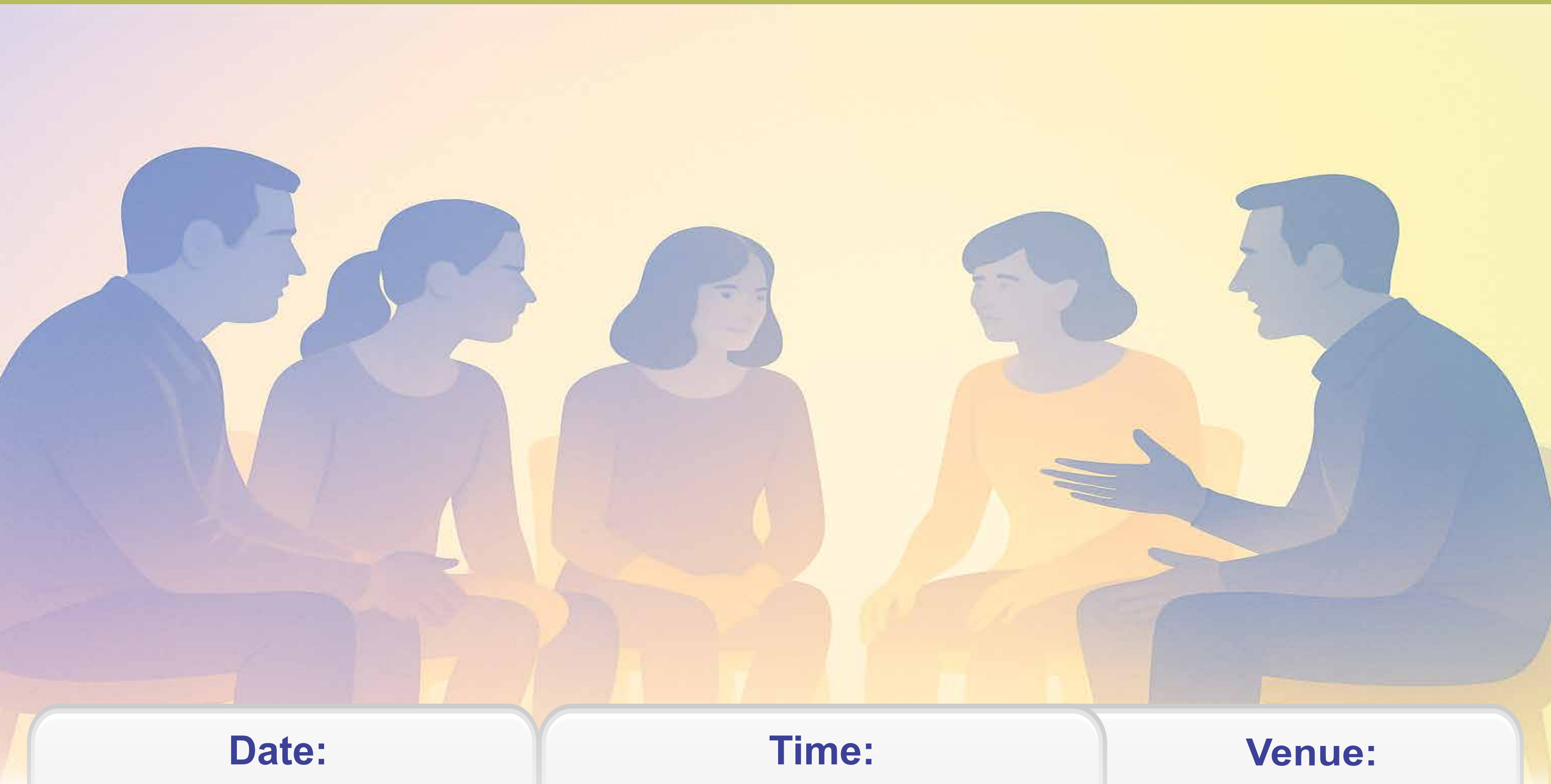
LEADERSHIP EXPRESS

**REGISTER
NOW**

**FROM SELF-AWARENESS
TO TEAM EXCELLENCE**



5 HIGH-IMPACT MODULES | PRACTICAL FRAMEWORKS
LEAVE WITH A LIVING LEADERSHIP OS AND A 90-DAY PLAN



Date:

**7 November
2025, Friday**

Time:

**8:30 AM -
5:15 PM (MYT)**

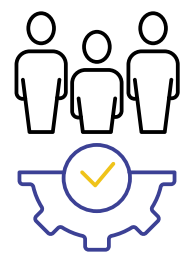
Venue:

**Hotel Stripes
Kuala Lumpur**

COURSE THEME & SUMMARY

THE HUMAN TRANSFORMATION

Strategic. Emotional. Agile. One day to upgrade how you lead and how your teams thrive.



In today’s environment of constant change and digital acceleration, leadership isn’t about command and control; it’s about clarity in complexity, trust in teams and resilience under pressure. This one-day intensive programme is built to reset how you show up as a leader: from personal habits to team impact.

With peer coaching, practical toolkits and AI as a supportive layer, what you learn translates directly into how you lead. **You will:**

✓ Sharpen decision-making and act with confidence under pressure

✓ Reframe failures as fast learning and solve problems at speed

✓ Practise coaching conversations that build trust and accountability

✓ Anchor future-ready habits that connect personal growth to team impact

WHAT YOU WILL GAIN FROM THIS WORKSHOP

Here Are What You Will Unlock With Us.

✓ **Your Leadership Operating System** | A personalised, future-proof OS integrating strategy, emotional intelligence, decision rituals and practical toolkits.

✓ **Agile Decision Frameworks** | Structured tools, checklists to cut through complexity and act decisively.

✓ **Coaching Conversations Toolkit** | Active listening, SBI feedback scripts, and power questions to build trust, safety, and ownership in your team.

✓ **Problem-Solving at Speed** | Reframing tools, structured models, and resilience practices to turn setbacks into progress.

✓ **Future-Self Roadmap** | A 90-day action plan and micro-habits anchored in your evolving leadership identity, supported by peer pods.

✓ **AI as a Support Layer** | Optional tools for reflection, scenario testing, and decision hygiene — enhancing judgment without replacing it.

✓ **Confidence Under Pressure** | Experience simulations and peer coaching that train composure, clarity, and consistency in high-stakes moments.

TRAINER OF THE DAY



**ROSHNEE
RAJASINGAM**

Strategic Partner of PMCC Learning, Development & AI Consulting | Executive Coach | Group & Team Coach | Certified Leadership Circle Profile® Practitioner | HRD Corp Accredited Trainer



**PETER WYSS,
PMP, FIRSE, MIET**

Managing Director of PMCC | Leader of PMCC Learning, Development & AI Consulting | Founder of PMCC.CAFE | Certified Master Coach | Group & Team Coach | Project-Mentors™ | HRD Corp Accredited Trainer

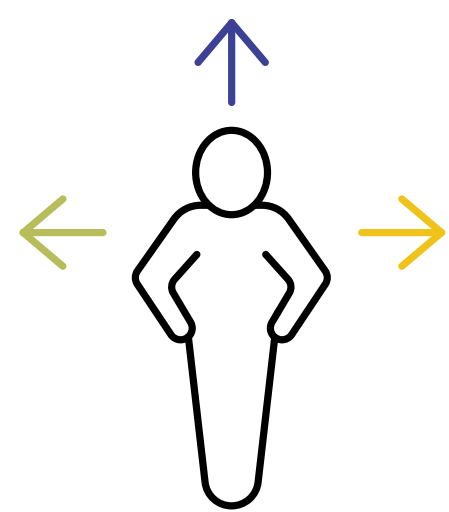
LEADERSHIP EXPRESS

FROM SELF-AWARENESS TO TEAM EXCELLENCE

Module 1: Identity Reset, From Self to Team Excellence

The first session sets the foundation by shifting leaders from personal habits to collective impact. Participants explore how their inner patterns shape team culture, uncover blind spots that limit growth, and realign their leadership identity with future-ready expectations. Through guided reflection and practical exercises, they define one keystone habit that connects personal presence to team excellence. This creates a clear, actionable bridge from self-awareness to team performance, ensuring the rest of the day builds on a grounded and intentional leadership stance.

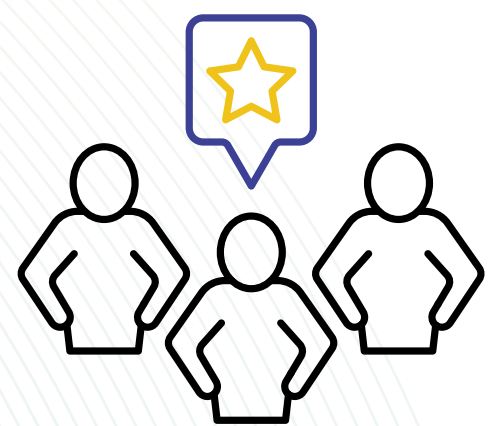
- Recognise patterns and blind spots in personal leadership
- Link leadership identity directly to team excellence
- Define and commit to one keystone habit for the next 21 days



Module 2: Agile Decision Making

This module equips leaders to act decisively in complexity while avoiding the traps of overconfidence, vagueness, or paralysis. Participants work through messy scenarios, learn structured tools and practice turning uncertainty into clarity. Simulations and drills emphasise that speed only matters when paired with decision hygiene and follow-through. Leaders leave with practical habits to keep accountability alive and avoid the “we’ll see” culture. A Decision Dossier built in Notion becomes their repeatable playbook for high-stakes choices.

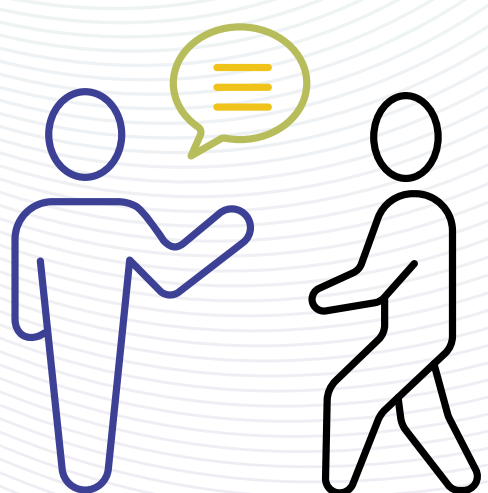
- Apply decision frameworks under pressure
- Strengthen accountability with clear context and expectations
- Build a personal Decision Dossier and commit to one decision ritual habit



Module 3: Coaching Conversations for Team Excellence

This module sharpens the art of trust-based communication. Leaders learn how presence, curiosity, and clarity transform feedback from criticism into alignment. Through active listening drills, role-plays, and coaching question challenges, participants practice daily behaviours that replace top-down habits with shared ownership. The session equips them with a practical playbook for coaching themselves and their teams, embedding emotional safety as the foundation of team excellence. Each participant leaves with a simple, repeatable habit to strengthen trust and accountability in every interaction.

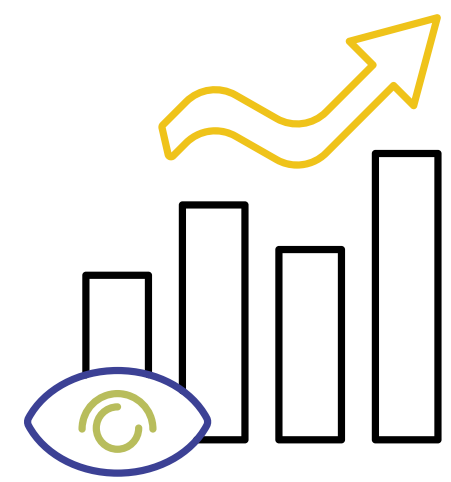
- Practice active listening, SBI feedback, and power questions
- Build a personal Listening & Feedback Playbook for daily use
- Commit to one key communication behaviour in their Leadership OS



Module 4: Failing Fast & Problem-Solving at Speed

This session builds the muscle of resilience and rapid problem-solving. Leaders learn to reframe setbacks as data, accelerate prototyping, and shift from fear of failure to strategic experimentation. Through guided exercises, they practice structured problem-solving and reframing conversations that might otherwise stall innovation. AI tools serve as accelerators; generating alternative scenarios, stress-testing assumptions, and simulating resistance. Peer coaching ensures leaders leave not just with frameworks, but with confidence to face pressure head-on and turn challenges into momentum. This module sets the stage for real peer coaching work in Module 5.

- Reframe failures as fast-learning opportunities to drive innovation
- Apply structured problem-solving and reframing tools under pressure
- Use AI to prototype faster, surface blind spots, and test scenarios



Module 5: Future-Self Leadership & Team Excellence

This final module transforms insight into commitment. Leaders anchor their identity shift, rehearse it in real coaching conversations, and design concrete habits to sustain the change. Peer pods are formed to keep accountability alive beyond the session. The flow moves from envisioning the future self, through 20 minutes of deep peer coaching, to creating a 90-day action plan. AI tools provide reflection prompts and summaries, but the core is human: truth-telling, coaching, and shared accountability. By the end, each participant leaves with a personal Leadership Operating System; lived, not just learned.

- Experience a 20-minute peer coaching session to activate identity shifts
- Define 1–2 micro-habits and log them into a 21-day tracker in Notion
- Create a 90-day leadership roadmap and commit to collective pledges



Closing & Activation

Participants voice their key commitments, share takeaways, and seal the day’s learning with public accountability.

- Declare one commitment and two next actions in front of the room
- Capture a one-sentence takeaway that names your shift
- Finalise the 90-day roadmap, set day-one micro-habit and first check-in date
- Log commitments in the Notion workspace and download the quick-start toolkit
- Form peer pods, choose accountability channels and schedule a 21-day review and a 90-day retrospective

Gain Clarity. Be Guided. Be Empowered.

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TIME	DURATION	TOPIC
08:30 AM – 09:00 AM	30 Minutes	Registration & Priming
09:00 AM – 10:00 AM	1 Hour	Module 1: Identity Reset, From Self to Team Excellence Surface leadership patterns, clarify blind spots and define keystone habits that connect identity to team impact.
10:00 AM – 11:00 AM	1 Hour	Module 2: Agile Decision Making Practice scenarios and learn structured tools to make clear, accountable decisions under pressure.
11:00 AM – 11:15 AM	15 Minutes	Morning Coffee Break
11:15 AM – 12:30 PM	1 Hour 15 Minutes	Module 3: Coaching Conversations for Team Excellence Build trust through active listening, SBI feedback and power questions. Create a personal coaching playbook.
12:30 PM – 02:00 PM	1 Hour 30 Minutes	Lunch Break
02:00 PM – 3:15 PM	1 Hour 15 Minutes	Module 4: Failing Fast & Problem-Solving at Speed Reframe setbacks, prototype faster and use structured problem-solving with AI scenario testing.
03:15 PM – 03:30 PM	15 Minutes	Afternoon Coffee Break
03:30 PM – 4:45 PM	1 Hour 15 Minutes	Module 5: Future-Self Leadership & Team Excellence Peer coaching triads, micro-habit design and a 90-day roadmap. Anchor future-self identity.
04:45 PM – 5:15 PM	30 Minutes	Closing & Activation Group commitments, shared reflections and toolkit distribution.