



RESET YOUR MIND HAPPINESS FOR BEGINNERS'

1 CPD
POINT

10TH OCTOBER 2023 (TUESDAY)

3.30-5.00PM

SELANGOR BAR AUDITORIUM

REGISTRATION FEE: COMPLIMENTARY

BRIEF SYNOPSIS

Lawyers, as essential contributors to the justice system, often face high level of stress and demanding work environments. Nurturing happiness among lawyers is crucial for their personal fulfillment and professional effectiveness. Thus, the pursuit of happiness is a timeless and essential aspect of human experience, influencing our personal and professional lives alike. By incorporating strategies to cultivate happiness within the legal profession, lawyers can thrive emotionally and excel in their roles as advocates for justice.

SIVAPRAGASAM ARUMUGAM

Siva, a Mechanical and Systems Engineer with over a decade of experience, co-founded The LOA Centre Malaysia in 2008 and has been the Managing Director since 2012. The Centre offers soft-skills training, including attitude, leadership development, and performance excellence for individuals and groups. It also offers corporate programs in team performance, and executive coaching. The Centre has successfully conducted programs with numerous banks. His commitment extends to the community through The MINDA Club together with the collaboration from Ministry of Women Development, Family and Community. Siva has not only conducted training seminars but has also shared the stage with numerous renowned global leaders. His primary focus lies in performance coaching, where he is a firm believer in unlocking each individual's innate potential for greatness.



Moderator
TEERUVARASU
A/L MUTHUSAMY



Registration shall be confirmed upon receipt of complete information. Places are limited and registration is on a first-come, first-served basis. The SBC reserves its absolute right to modify, cancel or postpone the event due to any reasons whatsoever. No recording of the event is permitted via any means at any time. Should you have any enquiries, please contact Ms. Vasantha at Tel: 03-55196219 or Email: secretariat@sgorbar.org