

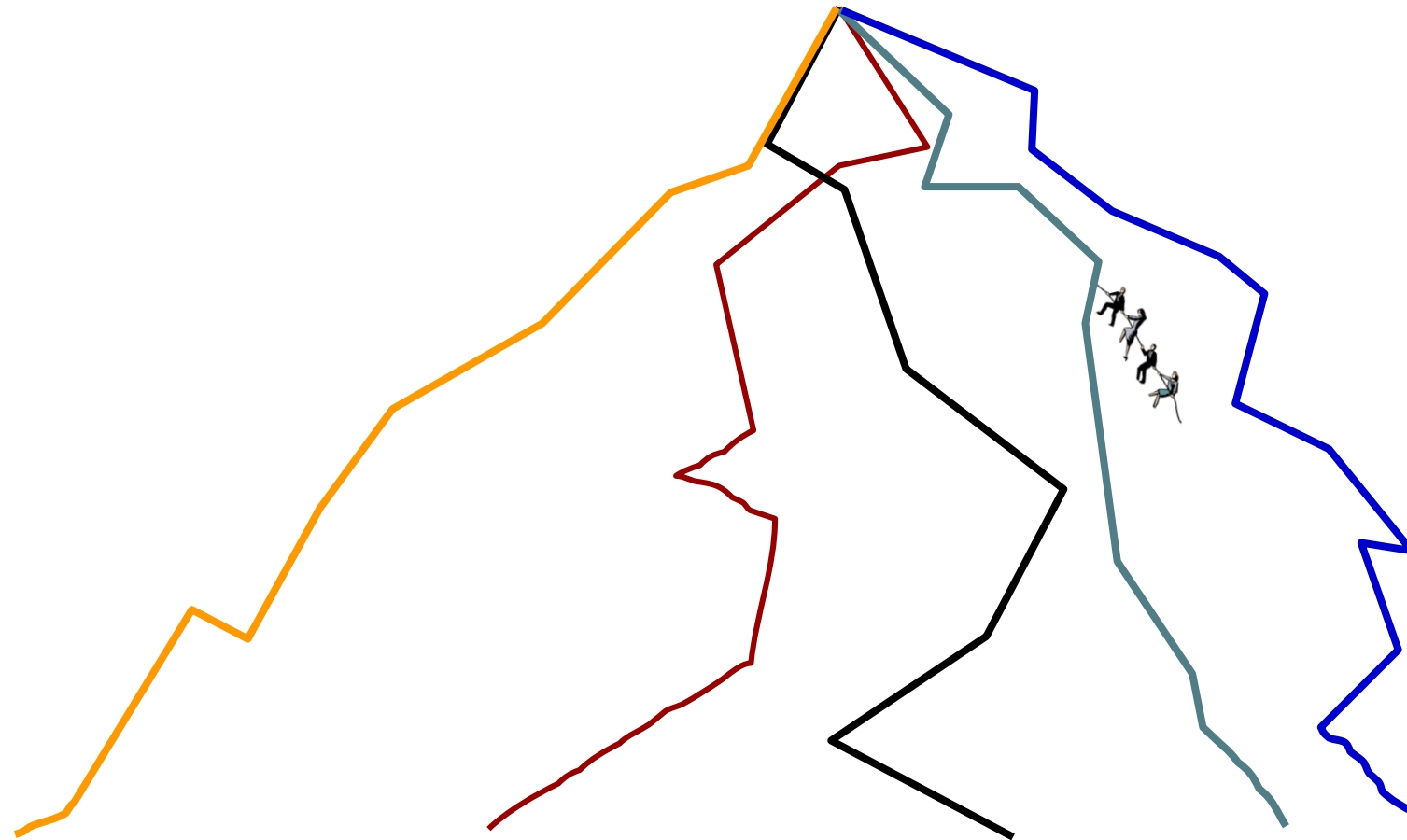
CERAMAH
TRANSFORMASI KECEMERLANGAN PEKERJA
UPM Kampus Bintulu
11 Mac 2019.

KELUAR DARI ZON SELESA

Profesor Emeritus Dato' Dr Sheikh Omar A Rahman
SOAR Consultings Sdn. Bhd.
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SOAR TO THE TOP

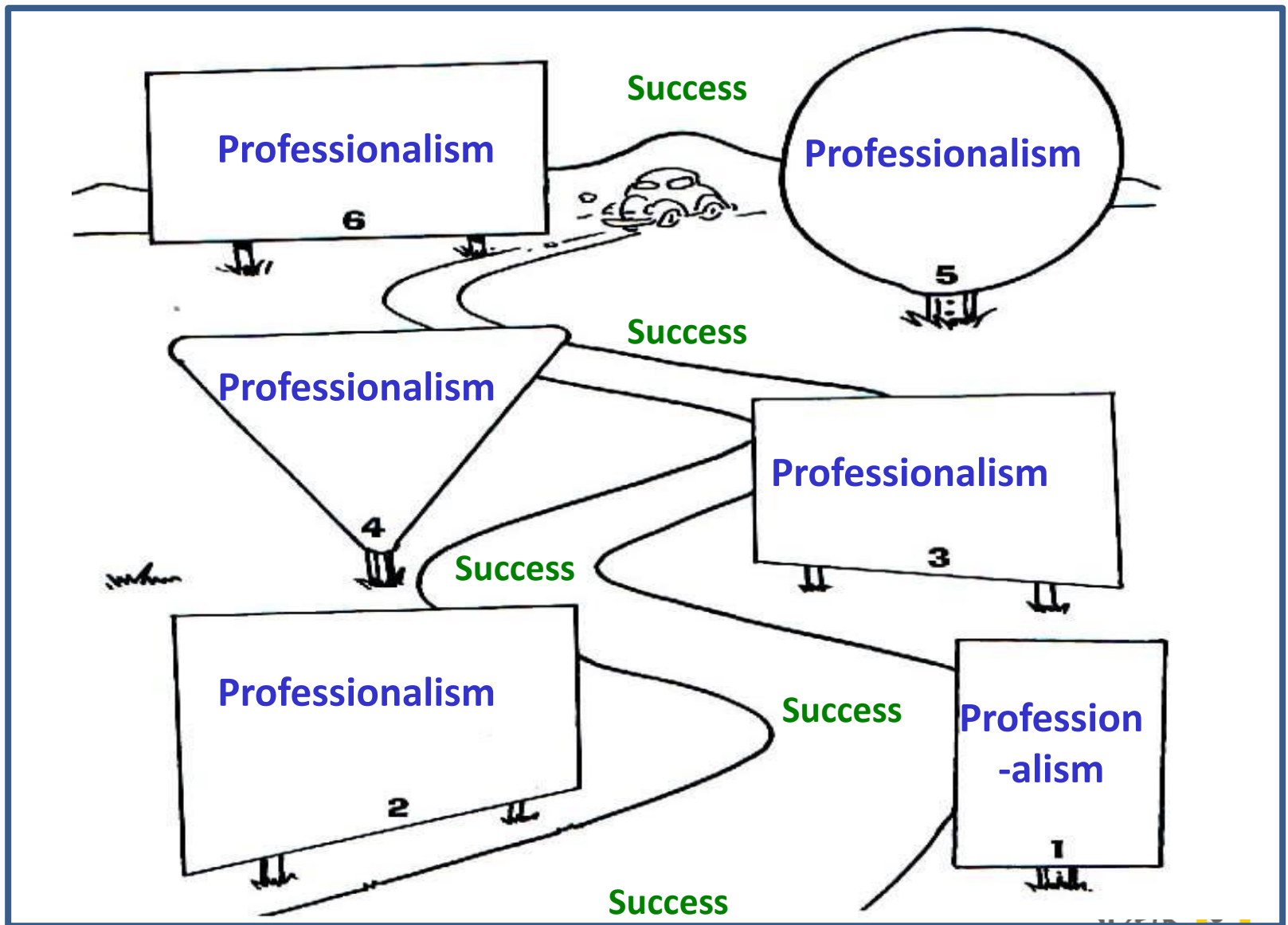
from base camp to summit



A scenic landscape photograph showing a two-lane asphalt road with yellow dashed center lines. The road starts in the lower left, curves through a lush green valley, and then ascends a hill towards the upper right. The surrounding terrain is covered in vibrant green grass and scattered trees. In the background, rolling hills and distant mountains are visible under a bright blue sky filled with fluffy white clouds. The overall mood is peaceful and open.

If you don't know where you are going

Any road will take you there...



PROFESSIONALISM

PROFESSIONALISM =

Competence + Caring

COMPETENCE =

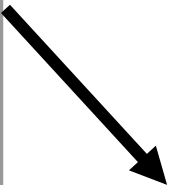
Knowledge + Skill + **Positive Attitude**

SUCCESS

ATTITUDE



DESIRE



WORK
Passion & Resilience



SUCCESS

CAPACITY
(KNOWLEDGE & SKILLS)



SUCCESS

is mastering the 3As

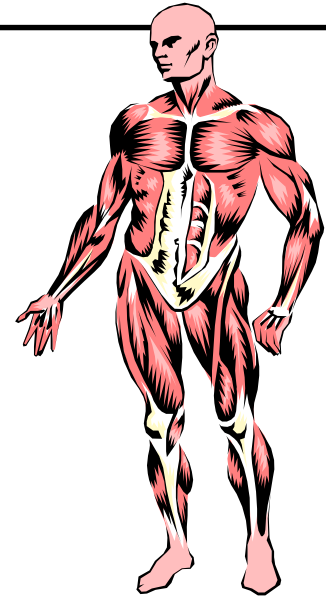
1. Attitude



2. Abilities



3. Action



TRANSFORM

FROM
GOOD
TO
GREAT

TRANSFORM

FROM
ACCEPTABLE
TO
EXCEPTIONAL

TRANSFORM

FROM
ACTIVITY (BUSY)
TO
PRODUCTIVITY

DREAMS DON'T GROW IN COMFORT ZONES

What a comfort zone really is, and why you need to move beyond it if you want to succeed.



KickStartUp.com
GROW-BUILD-ACHIEVE



COMFORT ZONE

- a situation where one feels safe or at ease.
- a settled method of working that requires little effort and yields only barely acceptable results.
- staying within your comfort zone you will never improve"



Your comfort zone

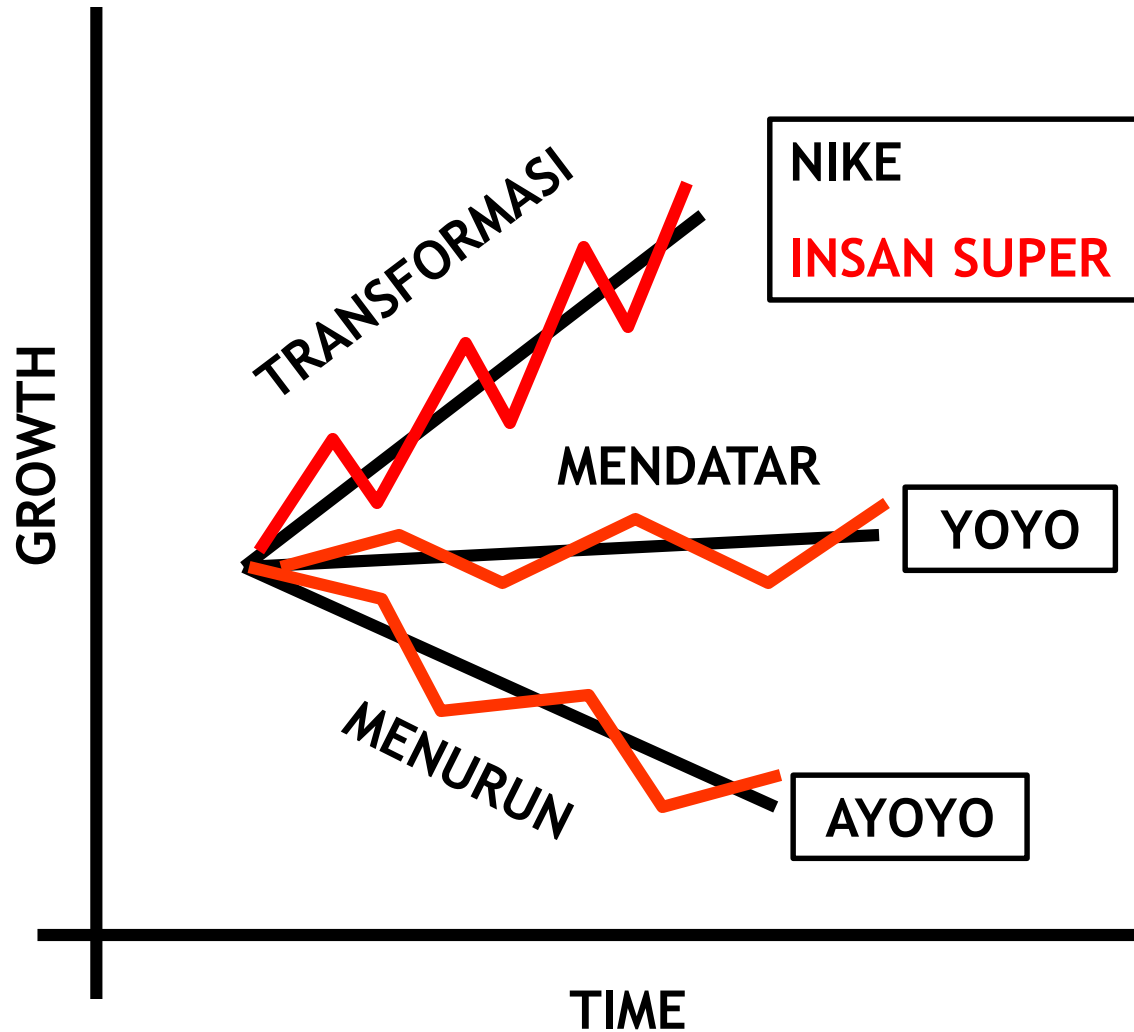


These Chicken are very comfortable





3 KUMPULAN INSAN



TAHAP PENERIMAAN IDEA BARU DAN PERUBAHAN

+ 3 Komited - **Itu idea yang baik, ayuh kita laksanakan**

+ 2 Ghairah - **Aku setuju; aku akan cuba**

+ 1 Minat - **Itu idea yang baik; aku berminat**

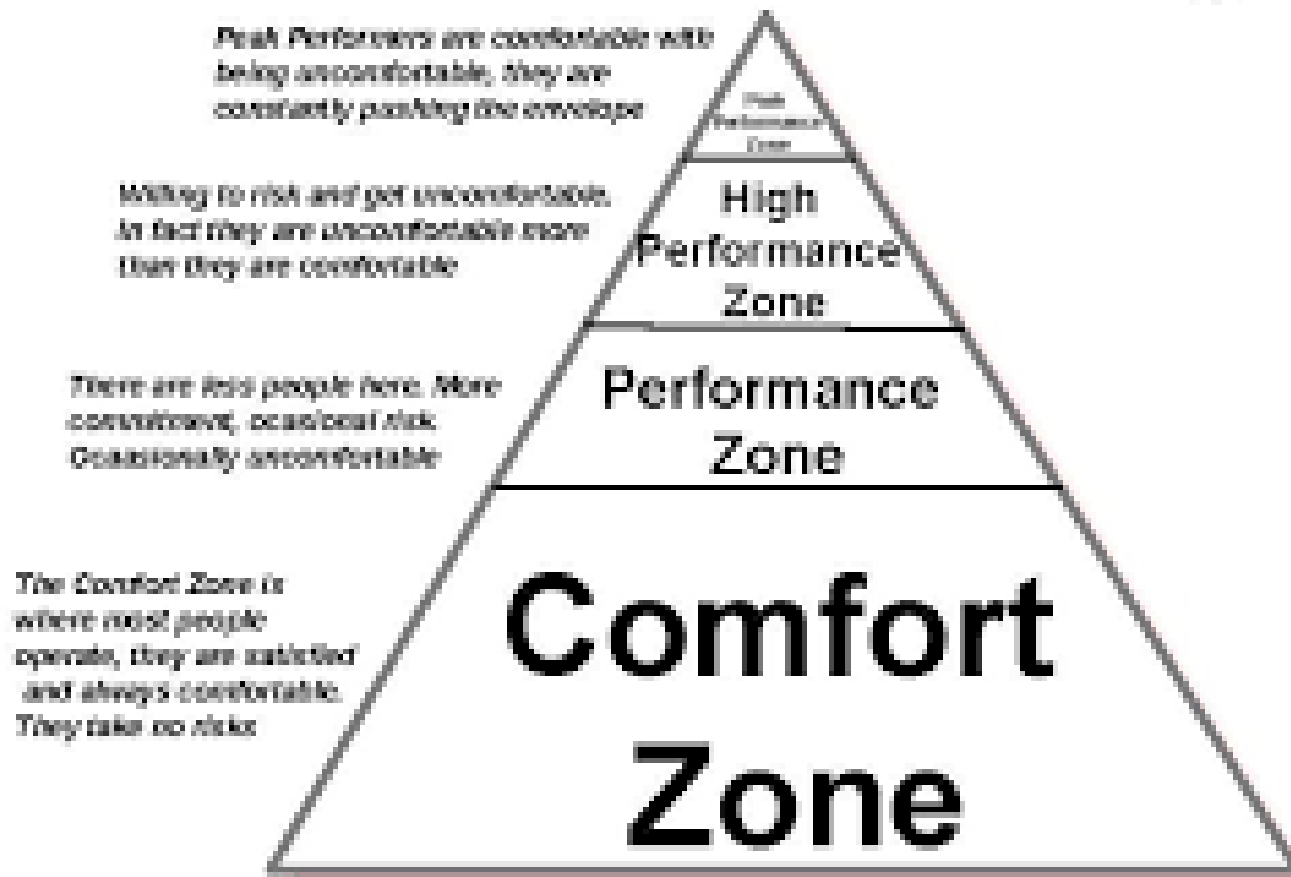
0 BEBAS ***IDEA (KECEMERLANGAN)***

-1 Apati - **Aku tidak minat, aku tiada masa, idea ini boring, nanti aku fikirkan.**

- 2 Skeptik - **Ragu-ragu; idea tak baik**

- 3 Benci - **Jangan jadi bodoh;
jangan buang masa aku !!!**

Achievement Triangle





burnout zone

stretch zone

comfort zone

bored zone

SOAR 

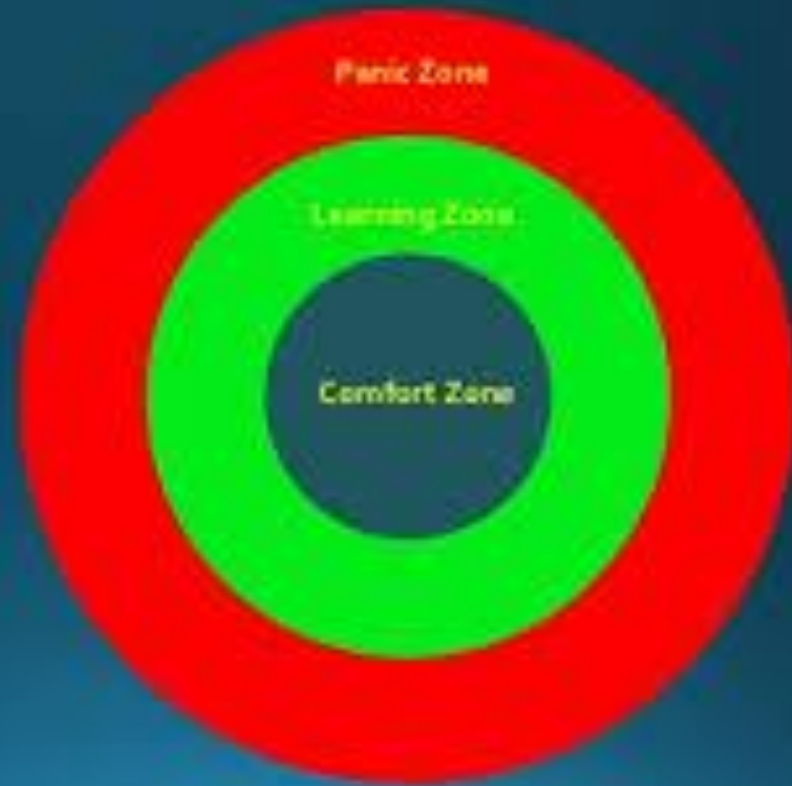
Consultings

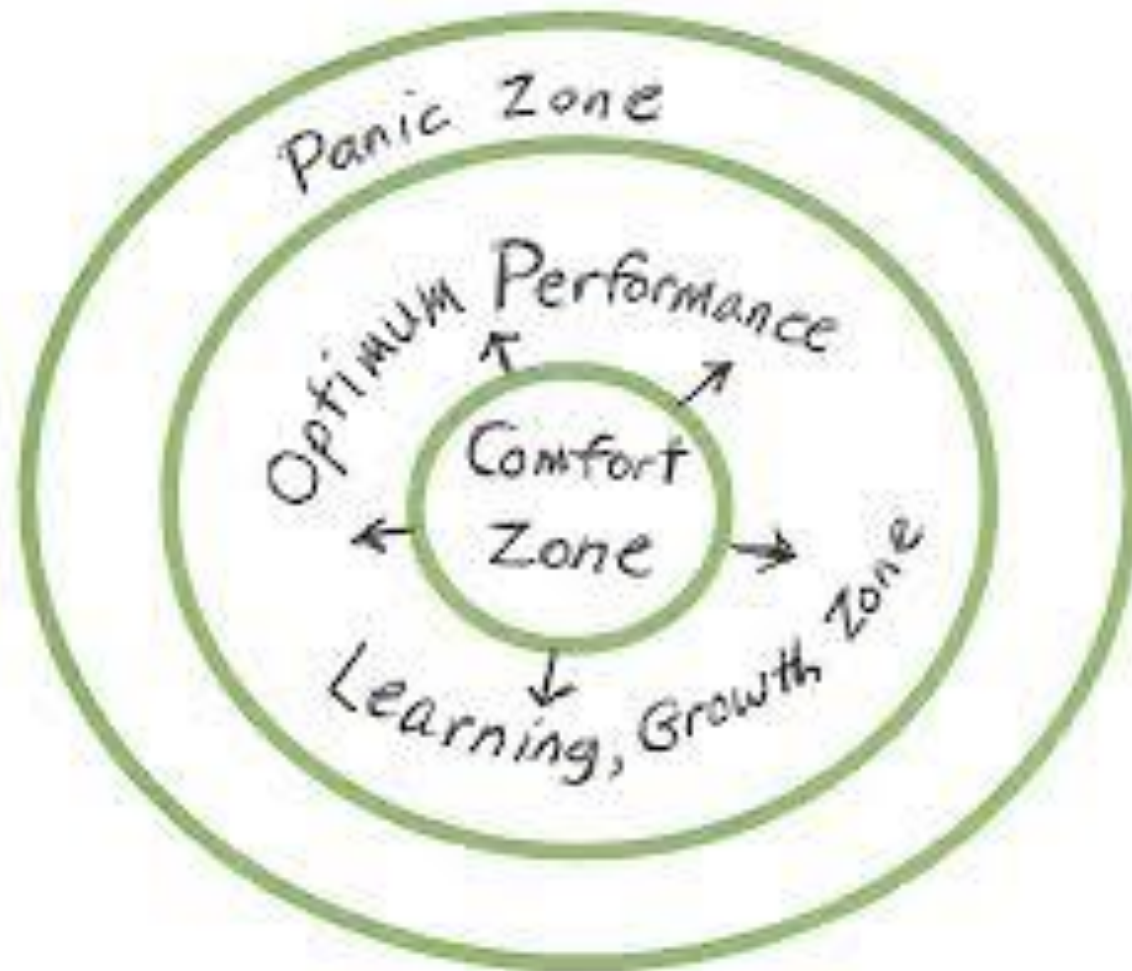
Soar to the Top with Distinction

Comfort Zone
Safe place to reflect.

Learning Zone
Where you grow and learn.

Panic Zone
Learning is impossible.



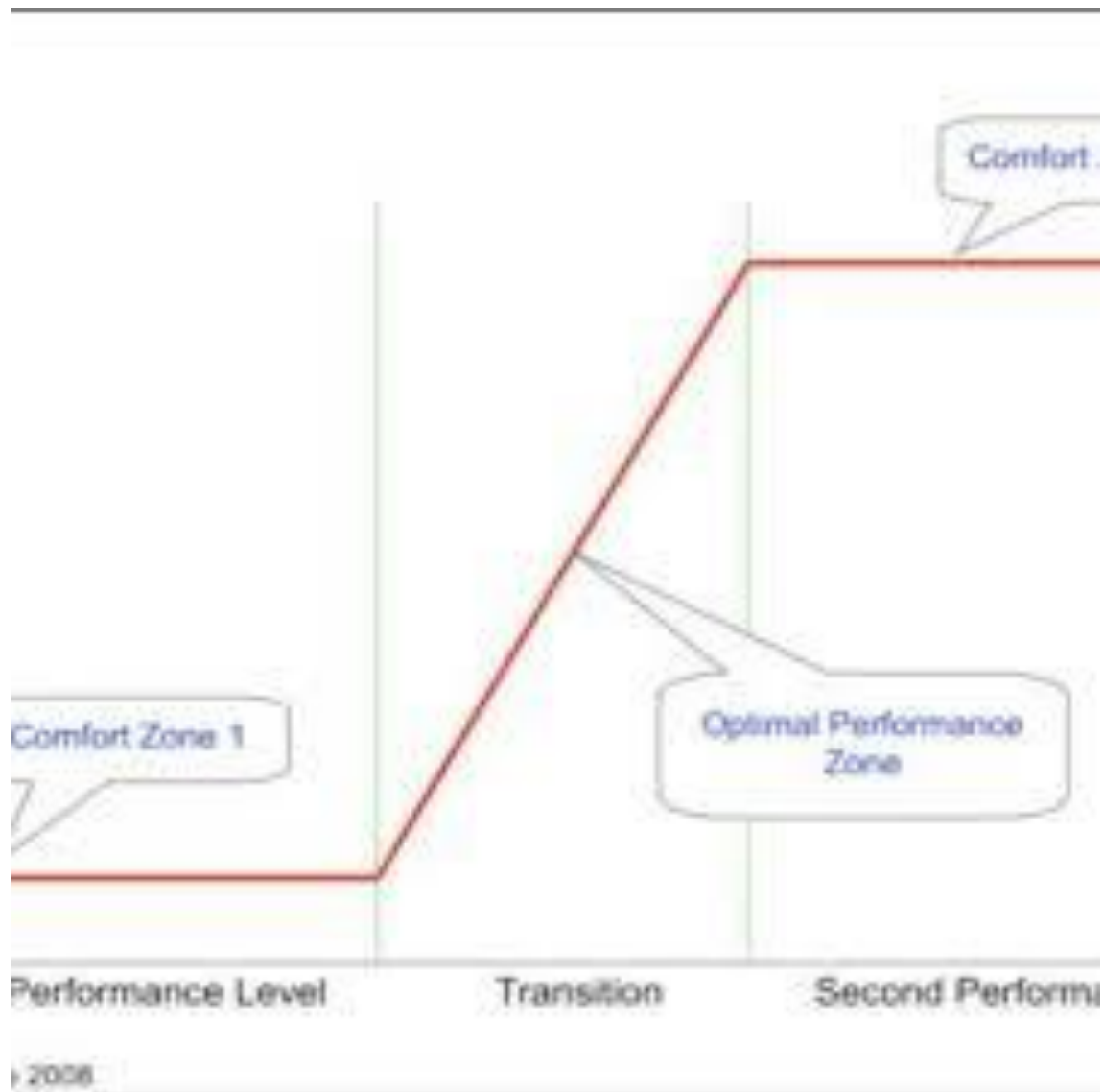


Stepping out of your comfort zone

- means doing things that you don't feel comfortable with doing.
- Getting outside of your comfort levels.
- push yourself in unfamiliar places, to do things that you wouldn't normally do.

Creating New Comfort Zones





9 Ways to Overcome Fear and Break Out of Your Comfort Zone

1. Take nothing for granted. ...
2. Switch up your routine. ...
3. Move toward your fears. ...
4. Give up control. ...
5. Try something new until you feel comfortable. ...
6. Ask the questions other people don't like to. ...
7. Start conversations with strangers. ...
8. Agree to something you wouldn't normally consider.
9. Keep a list of growth goals.

Why is it good to go out of your comfort zone?

- When in your comfort zone, your brain doesn't want anything to change. ...
- Getting out of your comfort zone from time to time creates just enough good stress to ramp up your focus, creativity, pace, and drive
- helps you respond to life stress when unexpected things happen.

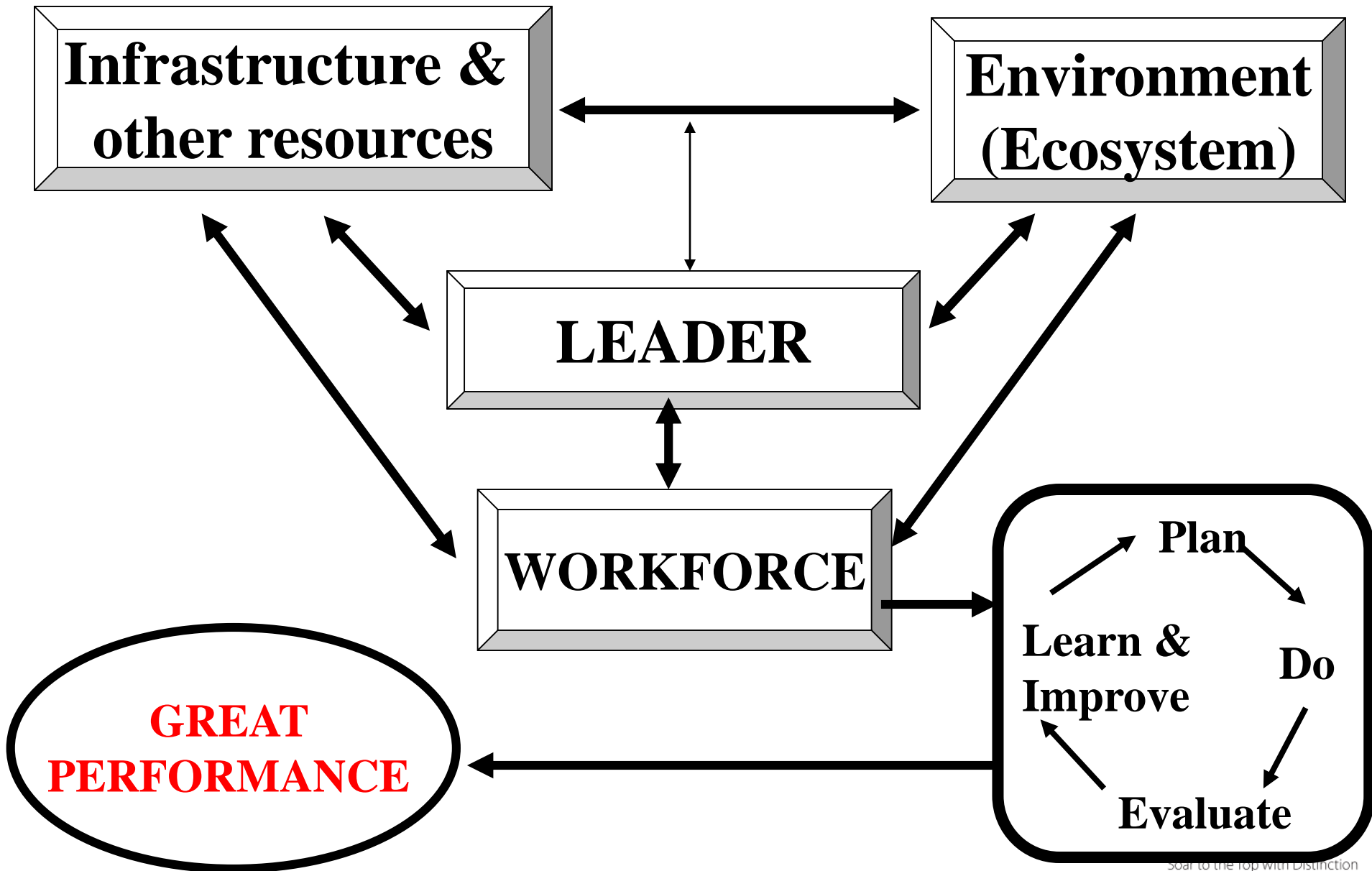
INSAN SUPER



INSAN ?????



THE **WORKING** PROCESS



**LEADERSHIP FORUM,
INTERNATIONAL CONFERENCE ON THINKING 2009 (ICOT),
KUALA LUMPUR, MALAYSIA, 23 APRIL, 2009**



MODAL INSAN

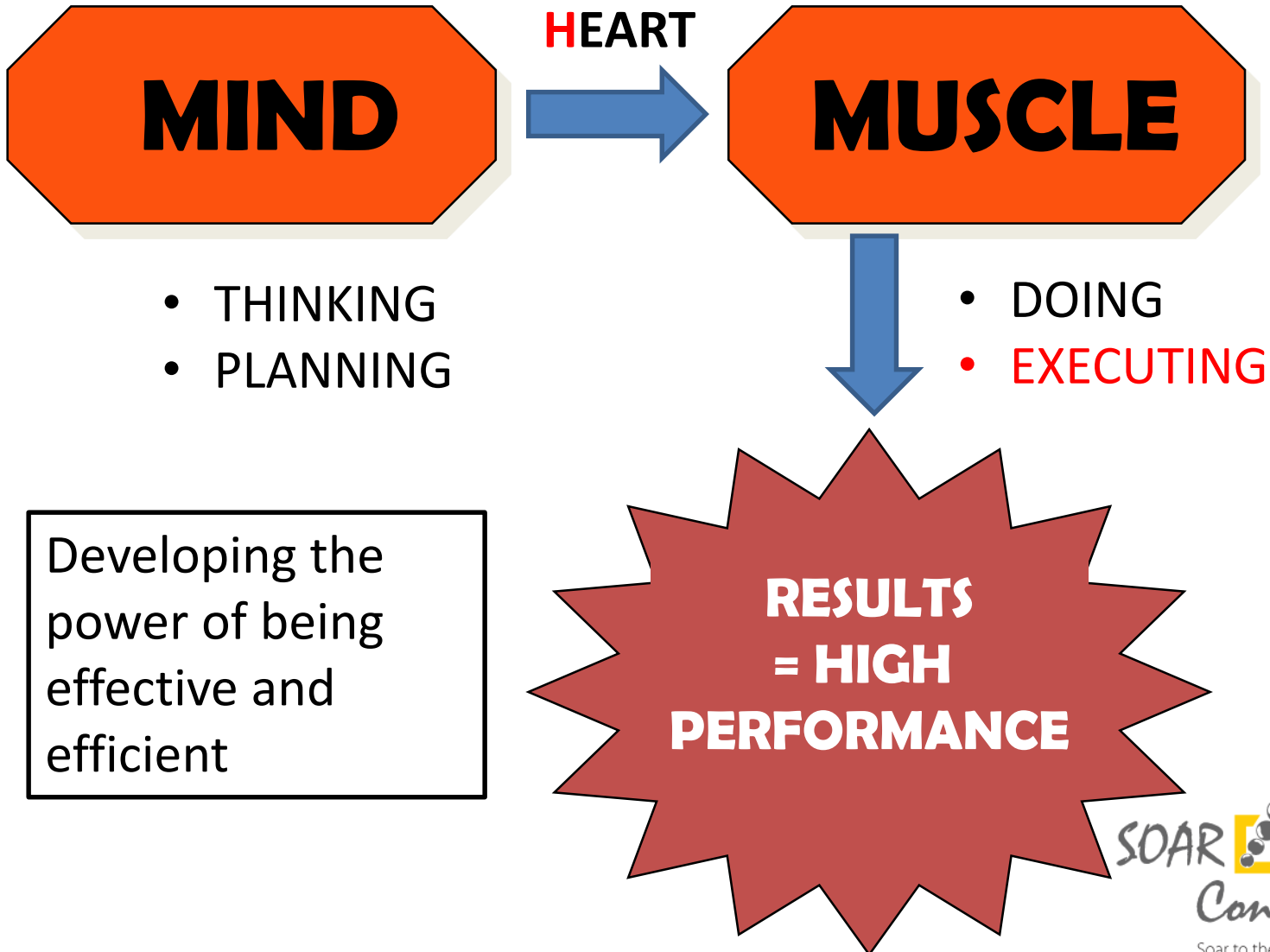
- expertise
- experience
- energy
- excitement
- ethical
- empathy

= EMPOWERMENT
and
PROFESSIONALISM

INSAN SUPER
SET MINDA JUARA!!!
(A CHAMPION MINDSET)

1. High Energy
2. Always Raising the Bar
3. Never Gives Up

PLANNING AND EXECUTION



3H

HHEAD

HHEART



HHAND

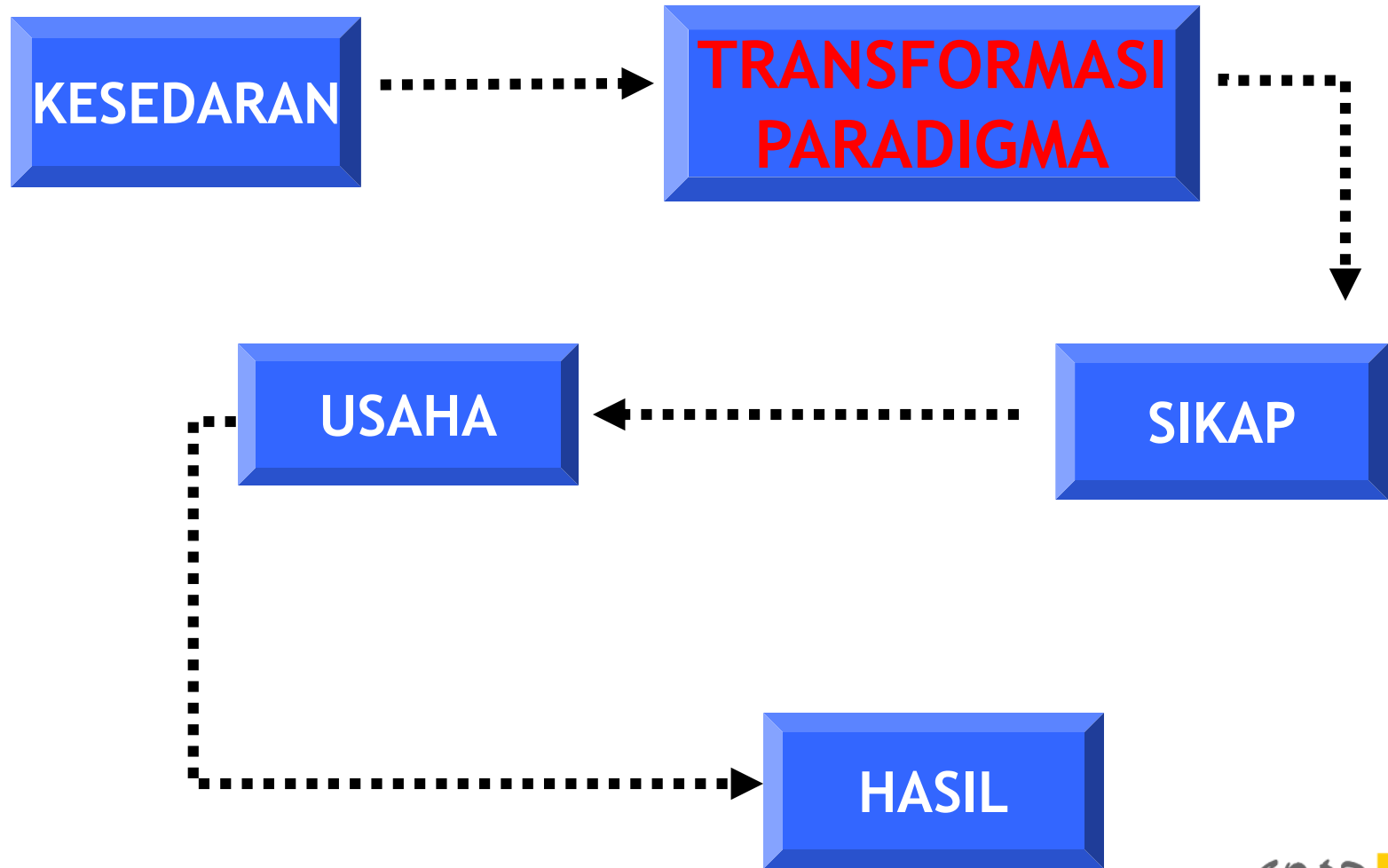
- THINKING
- PLANNING
- =IDEA

- DOING
- CONDUCTING



RESULTS

KESEDARAN SEBELUM PERUBAHAN



SELAMAT MAJU JAYA