



**1<sup>st</sup> Southeast Asia Public Health Nutrition Leadership Programme (SEA-PHN LP)  
and  
2<sup>nd</sup> Malaysia Nutrition Leadership Programme (MyNLP)**

Date: 14 - 18 August 2020

Venue: Institute of Leadership and Development (ILD), UiTM  
Bandar Enstek, Nilai, Negeri Sembilan, Malaysia

<b>Day 1: Friday, 14 August 2020: BEGINNING OF LEADERSHIP JOURNEY</b>	
<i>Time</i>	<i>Programme</i>
1330 - 1500	Registration & Check-in
1500 - 1515	<b>Welcome Remarks</b>
1515 - 1600	<b>Programme Overview and Ice-breaking</b>
1600 - 1630	Afternoon Break
1630 - 1800	<b>Kickstart Talk: Championing Nutrition by Dr Tee E Siong</b>
1800 - 1900	Prayer & Evening Break
1900 - 2000	Dinner & Prayer
2000 - 2100	<b>Induction Session &amp; Programme Briefing</b>
2100 - 2200	<b>Chat with the Guru Session I: Prof Dr Ir. Hardinsyah Ridwan (TBC)</b>

<b>Day 2: Saturday, 15 August 2020: TEAM BUILDING</b>	
<i>Time</i>	<i>Programme</i>
0700 - 0800	Breakfast
0800 - 0900	<b>Morning Talk: Sharing Session I by Corporate sector</b>
0900 - 1000	<b>Team building ice breaking</b>
1000 - 1030	Morning Break
1030 - 1230	<b>Outdoor Team building by Elite Trainers</b>
1230 - 1430	Lunch Break & Prayers
1430 - 1630	<b>Outdoor Team building by Elite Trainers</b>
1630 - 1715	Afternoon Break
1615 - 1830	<b>Outdoor Team building by Elite Trainers</b>
1830 - 2000	Dinner & Prayers
2000 - 2100	<b>Chat with the Guru Session II: Prof Dr Le Thi Hop</b>
2100 - 2130	<b>Reflection Session</b>

<b>Day 3: Sunday, 16 August 2020: SELF-DISCOVERY, COMMUNICATION &amp; LEADERSHIP</b>	
<i>Time</i>	<i>Programme</i>
0700 - 0800	Breakfast
0800 - 1000	<b>Self-discovery (Personal Profiling) by JS Generations</b>
1000 - 1030	Morning Break
1030 - 1130	<b>Self-discovery Personal Profiling) by JS Generations</b>
1130 - 1230	<b>Impactful Communication &amp; Presentations by JS Generations</b>
1230 - 1400	Lunch Break & Prayers
1400 - 1600	<b>Impactful Communication &amp; Presentations by JS Generations</b>
1600 - 1615	Afternoon Break
1615 - 1830	<b>Value Based Leadership by JS Generations</b>
1830 - 2000	Dinner & Prayers
2000 - 2100	<b>Chat with the Guru Session III: Dr Rodolfo F. Florentino</b>
2100 - 2130	Reflection Session

<b>Day 4: Monday, 17 August 2020: PROFESSIONAL EXCELLENCE: Practical &amp; Application</b>	
<i>Time</i>	<i>Programme</i>
0700 - 0800	Breakfast
0800 - 0900	<b>Morning Talk: Sharing Session II by Corporate sector</b>
0900 - 1000	<b>Hot Topics Debate I – facilitated by Technical Working Committee (TWC)</b>
1000 - 1030	Morning Break
1030 - 1300	<b>Hot Topics Debate II – facilitated by TWC</b>
1300 - 1400	Lunch Break & Prayers
1400 - 1600	<b>Pitching for Funding: Preparation of Proposal for Nutrition Projects</b>
1600 - 2030	Afternoon Break / Free & Easy / Prayers
2030 - 2200	<b>Dinner and Nutritionists' Got Talent</b>

<b>Day 5: Tuesday, 18 August 2020: REFLECTION ON LEADERSHIP JOURNEY</b>	
<i>Time</i>	<i>Programme</i>
0700 - 0800	Breakfast
0800 - 0900	<b>Morning Talk: Sharing Session III by Corporate sector</b>
0800 - 1000	<b>Pitching for Funding: Group Presentation – facilitated by TWC</b>
1000 - 1030	Morning Break
1030 - 1200	<b>Reflection and Sharing – facilitated by TWC</b>
1200 - 1230	<b>Closing &amp; Certificate Giving Ceremony</b>
1230	Lunch & End of Programme

Prepared by Technical Working Committee (TWC) for 1<sup>st</sup> Southeast Asia Public Health Nutrition Leadership Programme and 2<sup>nd</sup> Malaysia Nutrition Leadership Programme

Chair: Assoc. Prof Dr Mahenderan Appukutty  
Vice Chair: Dr Wong Jyh Eiin

Draft of 15 March 2020