



1st Malaysia Nutrition Leadership Programme

*NSM contributes towards establishing a critical mass
of capable nutrition leaders*

August 4-8, 2017

Eagle Ranch Resort, Port Dickson



Event Report

*Prepared by VersaComm Sdn Bhd in
consultation with TWG of MyNLP*

5 Sept, 2017

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ABOUT THE PROGRAMME



- It is an initiative and brainchild of the **Nutrition Society of Malaysia**
- The programme focuses on honing on the participants **application and soft skills** and acquiring the requisite knack towards **enhancing leadership competency** among nutrition professionals.

BACKGROUND

The **National Plan of Action for Nutrition (NPAN)** of Malaysia is the master plan for achieving and maintaining optimal nutritional wellbeing of Malaysians through an array of strategies, programmes and activities.

NSM has contributed significantly towards the development of **NPAN of Malaysia** since the 1990s

The NSM is committed to contribute towards the effective implementation of the NPANM III (2006-2025).

NSM is organising MyNLP to establish a critical mass of able leaders in nutrition in the country

RATIONALE

- There is a need to **enhance leadership skills** and foster **greater communication and networking** among young nutrition professionals (who are in the early-mid career).
- Therefore MyNLP is established to **provide knowledge and skills** towards **enhancing leadership competency** among nutrition professionals.

OBJECTIVES

1. Assists the **development of future leaders** in the field of human nutritional sciences through proper training
2. Provides **knowledge and skills** towards **enhancing leadership skills** and **foster greater communication and networking** among young nutrition professionals
3. Provides a **platform of convergence** to connect and provide **networking opportunities** among food and nutrition professionals across the country and also within the South East Asian Region

EVENT DETAILS

- **Date** : August 4 – 8 , 2017
- **Day** : Friday - Tuesday
- **Venue** : Eagle Ranch Resort, Port Dickson, Malaysia
- **Attendance** : 26 participants
- **Breakdown of participants:**

By Country	No
Malaysia	21
Bangladesh	1
Indonesia	1
Philippines	1
Thailand	1
Vietnam	1

By Age Group	No
Below 30	7
30 – 34	11
35 – 40	7
Above 40	1

By Sector	No
Government ministries & agencies	11
Universities	9
Corporate companies	3
Association/Societies	3

MyNLP Technical Working Group (TWG)



Adviser of MyNLP TWG
Dr Tee E Siong



Chairman of MyNLP TWG
Dr Mahenderan Appukutty



Vice- chairman of MyNLP TWG
Dr Wong Jyh Eiin



Assoc Prof Dr Loh Su Peng



Prof Dr Zalilah Mohd Shariff



Dr Tan Su Yee



Dr Roseline Yap

Secretariat

Yvonne Chwee (left) & Muhaini Hussin
(VersaComm Sdn Bhd)



Trainers

Paul Gopalan (left) & Roy Tan
(Knowledge Hub)



List of Participants

	Name	Country/State	Institution
1	Abdullah Abd Razak	Malaysia/ Johor	Hershey Malaysia Sdn Bhd
2	Norhayati Bt Mustaffa Khalid	Malaysia/KL	Institute Medical Research
3	Ng Chee Kai	Malaysia/ Selangor	Jabatan Kesihatan Negeri Selangor
4	Chai Wen Jin	Malaysia/KL	National Sport Institute
5	Isabelle Van Huizen	Malaysia/KL	National Sport Institute
6	Noor Kamsina Aziz	Malaysia/KL	National Sport Institute
7	Risnainy Mat Zain	Malaysia/KL	National Sport Institute
8	Tania Lee Xu Yar	Malaysia/KL	National Sport Institute
9	Gui Shir Ley	Malaysia/ Putrajaya	Nutrition Division
10	Mohd Al-Saufreen Akhiruddin	Malaysia/Putrajaya	Nutrition Division
11	Nur Azlina Abd Aziz	Malaysia/ Putrajaya	Nutrition Division
12	Vinodhini Cha Chu (best written Personal Statement)	Malaysia/ Selangor	Pejabat Kesihatan Daerah Klang
13	Chong Pei Nee (best written Personal Statement)	Malaysia/KL	UCSI
14	Ang Yeow Nyin	Malaysia/KL	Universiti Kebangsaan Malaysia (sponsored by MASO)
15	Lee Shoo Thien	Malaysia/KL	Universiti Kebangsaan Malaysia
16	Lim Sim Yee	Malaysia/ KL	Universiti Kebangsaan Malaysia
17	NorLiyana Aris	Malaysia/ Sabah	Universiti Malaysia Sabah
18	Nurliyana Abdul Razak	Malaysia/ Selangor	Universiti Putra Malaysia
19	Mohd Razif B Shahril	Malaysia/ Terengganu	Universiti Sultan Zainal Abidin (sponsored by MASO)
20	Chong Li Yi	Malaysia/ Shah alam	Yakult (M) Sdn Bhd
21	Lim Siew Ling	Malaysia/ Shah alam	Yakult (M) Sdn Bhd
	<u>International Participants</u>		
22	Thanit Vinitchagoon	Thailand	Institute of Nutrition, Mahidol Uni
23	Mary Anne D Gatbonton	Philippines	Nutrition Foundation of Philippines
24	Muhammad Nur Hasan Syah	Indonesia	Pergizi Pangan
25	Vu Thi Thu Hien	Vietnam	Vietnam Nutrition Association
26	Syed Mahfuz Al Hasan	Bangladesh	Jessore Uni of Sc & Tech

Event Programme

Day 1: Introduction

Time	Programme	Who
Day 1: Introduction (Friday, 4 August)		
1330– 1500	Registration, Check-in	
1500 – 1515	Welcome & Opening Remarks	Dr Mahenderan Appukutty, Chairman of the MyNLP Technical Working Group (TWG)
1530 – 1615	Introduction & Ice-breaking	Members of the MyNLP Technical Working Group & Participants
1615 – 1630	<i>Afternoon Coffee Break</i>	
1630 – 1800	Championing Nutrition: My Career, My Life – A Never-ending pursuit	Speaker: Dr Tee E Siong, President of Nutrition Society of Malaysia Moderator: Dr Mahenderan Appukutty, Chair of the MyNLP TWG
1800 - 1900	Prayer & Evening Break	
1900 – 2000	<i>Dinner & Prayer</i>	
2000 - 2100	Induction Session & Programme Briefing	Moderator: Dr Wong Jyh Eiin, Vice-chair of the MyNLP TWG
2100-2200	Chat with the Guru: Leader from Academia	Speaker: Emeritus Prof Dr Mohd Ismail Mohd Noor, Taylor's University Malaysia Moderator: Assoc Prof Dr Loh Su Peng, TWG Member

Day 2: Team Building

Time	Programme	Who
Day 2: Team Building (Saturday, 5 August)		
0730 – 0815	Breakfast	
0815 - 0830	Preparation for Outdoor Team Expedition	
0830 – 1100	Obstacle Game - 20 challenges De-briefing & sharing of experiences	Lead by Eagle Ranch Resort Facilitators, Supported by TWG Members
1100-1130	Morning Coffee Break	
1130 - 1300	Management game (Toxic Waste) De-briefing & sharing of experiences	Lead by Eagle Ranch Resort Facilitators, Supported by TWG Members
1300 – 1400	Lunch Break	
1430- 1630	Sea Rafting De-briefing & sharing of experiences	Lead by Eagle Ranch Resort Facilitators, Supported by TWG Members
1645-1745	Afternoon Coffee Break/ Prayer & Shower (post rafting)	
1800- 1930	"Leading the Boardroom in an Instagram-era & Beyond #Inclusive #Innovate #Inspire"	Speaker: Ms Cyndy Au, Regional Director Regulatory & Scientific Affairs, Du Pont Nutrition & Health, Singapore Moderator: Dr Tan Sue Yee, TWG Member
1930 – 2030	Evening Break, Prayer & Dinner	
2030 - 2200	Free & Easy	

Day 3: Leadership Skills

Time	Programme	Who
Day 3: Leadership Skills (Sunday, 6 August)		
0700 – 0800	<i>Breakfast</i>	
0830 - 1300	Right Leadership, Right Journey: 1. Lead self before leading others <i>(Introduction, Who Am I- Personality Test)</i> 2. Productivity Enhancement through Effective Teamwork <i>(Who Moved My Cheese Video clip + Presentation Personal Leadership Canvas)</i> <i>Morning Coffee Break</i> 3. Rectify Team Improvement Tactically <i>(Personal Leadership Canvas - Cont'd)</i> 4. Managing People Effectively <i>(ZOOM game)</i>	Knowledge Hub Roy Tan Yew Hoong, Knowledge Hub Asia Sdn Bhd
1300 - 1400	<i>Lunch Break</i>	
1400 - 1700	5. Arising Conflicts due to Matrix <i>(Traffic Jam game)</i> 6. Introduction to Stress Management <i>(ALS activity)</i> 7. Managing Stress Effectively <i>(Wheel of Strife & Stability Zones game)</i>	Paul Gopalan, Knowledge Hub Asia Sdn Bhd
1700 - 1730	<i>Afternoon Coffee Break & Prayer</i>	
1730- 1900	Chat with the Guru from Government Sector	Speaker: Assoc Prof Rokiah Don, Former Director of Nutrition Division, Ministry of Health Malaysia Moderator: Prof Dr Zalilah Mohd Shariff, TWG Member
1900 - 2000	<i>Evening Break, Prayer & Dinner</i>	
2000-2200	Case analysis: Great leaders in history	Moderator: <i>Dr Roseline Yap, TWG member</i>

Day 4: Communication Skills

Time	Programme	Who
Day 4: Communication Skills (Monday, 7 August)		
0700-0800	<i>Breakfast</i>	
0830- 1300	Right Leadership, Right Journey (Cont'd) (Lecture, Video Clip + presentation Coaching skills & practice scenarios) 1. Crucial Conversations	Roy Tan Yew Hoong & Paul Gopalan Knowledge Hub Asia Sdn Bhd
	<i>Morning Coffee Break (in between session)</i>	
	<i>Lunch Break</i>	
1300-1400		
1400-1630	2. The Coaching Conversation Triad conversations & role plays Debrief and feedback session	
1630-1700	<i>Afternoon Coffee Break & Prayer</i>	
1700- 1900	Let's Talk Nutrition - Handling Interviews & Questions	Emcee: Dr Roseline Yap Moderators: TWG Members Observers: Roy Tan Yew Hoong & Paul Gopalan
1900- 2000	<i>Evening Break/Free-Easy</i>	
2000-2200	Nutritionist's Got Talent	Moderator: Dr Mahenderan Appukutty, Chairman of the MyNLP TWG Managed by all Participants

Day 5: Practical, Application, Closing

Time	Programme	Who
Day 5: Practical, Application & Closing (Tuesday, 8 August)		
0700-0800	Breakfast	
0830-0930	Tips & Tricks on presentation (Dissecting Steve Jobs vs a Bad Presentation)	Roy Tan Yew Hoong, Knowledge Hub Asia Sdn Bhd
0930-1030	Debate Preparation & Coffee Break	
1030-1300	Debate: Current Nutrition Issues	Moderator: Dr Wong Jyh Eiin, Vice-chair of the MyNLP Technical Working Group (TWG)
1300-1400	Lunch Break	
1400-1530	If you are the policy maker in nutrition, what strategies and action plans would you take for the following key areas..	Moderator: Dr Tan Sue Yee, TWG Member
1530-1630	Closing	
	1. Learning and feedback sharing session (on application to everyday life)	Moderator: Dr Mahenderan Appukutty, Chair of the MyNLP Technical Working Group (TWG)
	2. Prize presentation and certificate giving ceremony	
1630-1730	Afternoon Coffee Break & End of Programme	TWG Members

Pictorial Report

DAY 1

Friday, 4th August 2017

WELCOME



Welcome & Opening Remarks

Dr Mahenderan Appukutty,
Chairman of the MyNLP TWG





Introduction & Ice-breaking

Facilitated by Dr Wong Jyh Eiin,
Vice-Chairman of the MyNLP TWG





Championing Nutrition: My Career, My Life – A Never-Ending Pursuit

By Dr Tee E Siong,
President of Nutrition Society of Malaysia





Induction Session & Programme Briefing

Facilitated by Dr Wong Jyh Eiin, Vice-Chairman of the My NLP TWG



Chat with the Guru: Leader from Academia

By Emeritus Prof Dr Mohd Ismail Mohd Noor
Taylor's University Malaysia



DAY 2

Saturday, 5th August 2017



Single Beam



Crab Walk



Loft Vertical Rope



Monkey Rack

Obstacle Game - 20 challenges



Tarzan Swing



Rope Netting



Log Riding



2 ft Single Bar



Staggered ladder



Water Hazard



Single Cable



Barb Wire 3ft



Barb Wire



Swinging Bridge



Loft Tunnel



Tyre King



8ft Wall



6ft Wall

Management Game – Toxic Waste



De-briefing & Sharing of Experience after Obstacle Game and Management Game



Sea Rafting



Chat with the Guru: Leader from Corporate Company

Ms Cyndy Au & Mr Victor Basuki from DuPont Nutrition & Health

"Leading the Boardroom in an Instagram-era & Beyond

#Inclusive #Innovate #Inspire"



DAY 3

Sunday, 6th August 2017

Topic: Lead self before leading others

Topic: Lead self before leading others



Right Leadership, Right Journey

Topic: Lead self before leading others



Who Am I- Personality Test



Right Leadership, Right Journey

Topic: Productivity Enhancement through Effective Teamwork

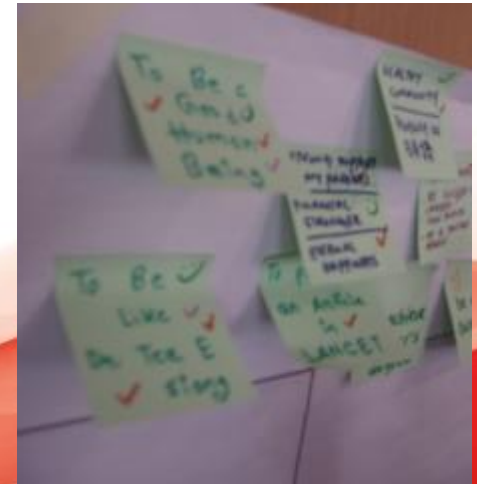
Who Moved My Cheese Video clip + Presentation



Right Leadership, Right Journey

Topic: Productivity Enhancement through Effective Teamwork

Personal Leadership Canvas



Right Leadership, Right Journey

Topic: Arising Conflicts due to Matrix



Trainer:
Paul Gopalan



Traffic Jam game

Right Leadership, Right Journey

Topic: Introduction to Stress Management & Managing Stress Effectively



ALS activity



Stretching activity

Chat with the Guru: Leader from Government Sector

By Assoc Prof Rokiah Don, Former Director of Nutrition Division, Ministry of Health Malaysia



Case analysis: Great leaders in history

Facilitated by Dr Roseline Yap, TWG member



Leaders discussed:

- Marie Curie
- Jimmy Choo
- Jack Ma
- Michelle Obama
- Mark Zuckerberg

Sharing Session with Mentor



DAY 4

Monday, 7th August 2017

Right Leadership, Right Journey

Topic: Crucial Conversations



Trainer:
Roy Tan Yew Hoong

ZOOM game



Stretching Exercise



Right Leadership, Right Journey

Topic: Crucial Conversations



Lecture, Video Clip + presentation - Coaching skills & practice scenarios



Right Leadership, Right Journey

Topic: The Coaching Conversation



Triad conversations & role plays



Right Leadership, Right Journey

Topic: Let's Talk Nutrition

Handling interviews & questions



Topics:

- Food supplements
- Childhood obesity
- Physical Inactivity
- Fad diets
- Cooking oil
- My Healthy Plate



Showtime: Nutritionist's Got Talent



DAY 5

Tuesday, 8th August 2017

Right Leadership, Right Journey

Topic: Tips & Tricks on presentation



Trainer:
Roy Tan Yew Hoong

Dissecting Steve Jobs vs. a Bad Presentation



Debate: Current Nutrition Issues



1st Session

Topic: Reducing the operation hours of 24-hour eateries will help to reduce obesity in the country

3rd Session

Topic: Taxation on sugar sweetened beverages can reduce obesity problems



2nd Session

Topic: Healthier choice logo on food packaging helps consumers to make healthier food choices

Debriefing by Dr Roseline Yap, TWG member



If you are the policy maker in nutrition,
what strategies and action plans would you take for the following key areas...



- *Promoting maternal, infant, and young child nutrition*
- *Promoting healthy eating*
- *Promoting active living*
- *Preventing and controlling nutritional deficiencies*
- *Preventing and controlling obesity & other diet-related NCDs*

Prize Presentation & Closing Ceremony



Rising Star Awards

Tania Lee Xu Yar & Thanit Vinitchagoon



Best Debate Team



Best Debater

Lim Siew Ling



Best Group in the 'Policy Maker in Nutrition' session



Best Group Performance in the 'Nutritionist got Talent' session

Closing Speech

by Dr Mahenderan Appukutty



Dr Mahenderan delivered a message from Dr Tee E Siong, President of NSM and Adviser of MyNLP at the closing of the event. He thanked all who have contributed to the success of the first event NLP by NSM:

- MyNLP TWG members
- Guest speakers
- Knowledge Hub
- NSM Council
- DuPont as partner to MyNLP
- Participants
- Versacomm as Secretariat



Summary Feedback by Participants

Summary Feedback (for overall programme)

1. Almost all participants rated excellent and good in meeting personal objectives of joining MyNLP (*42% good; 58% excellent*)
2. Participants were satisfied with the aim & objectives and the overall contents of the programme (*5% somewhat satisfied; 47% satisfied; 47% very satisfied*)
3. All participants indicated that their knowledge and skills in leadership have improved after the training (*11% somewhat increased; 58% increased; 32% greatly increased*)
4. All participants felt that the training was useful for their work (*5% quite useful, 26% useful, 68% very useful*)
5. All participants (100%) will recommend their friends or colleague to the future MyNLP of NSM

End & Thank you