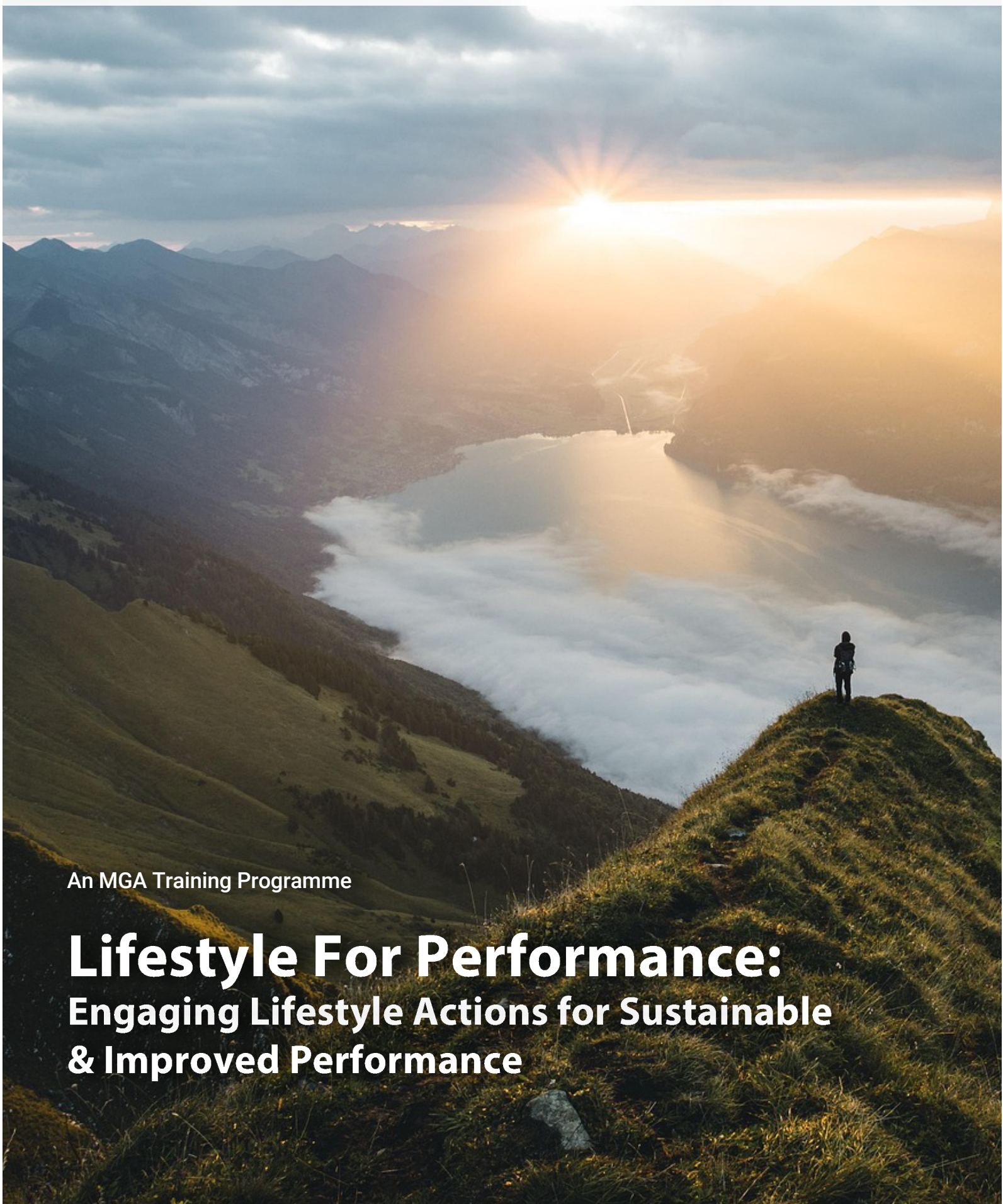


An MGA Training Programme

Lifestyle For Performance: Engaging Lifestyle Actions for Sustainable & Improved Performance



PROGRAMME DESCRIPTION

In high-performing organisations, capability is rarely the constraint.

Capacity is.

Across Malaysian workplaces, employees are skilled, experienced, and committed. Yet performance erosion is increasingly evident - not because people lack competence, but because daily lifestyle patterns quietly undermine energy, focus, and recovery.

Long working hours, meeting-heavy schedules, constant digital connectivity, irregular meals, disrupted sleep, and sustained pressure gradually erode cognitive capacity. The impact is subtle but significant: decisions take longer, attention fragments, emotional reactivity increases, and execution becomes inconsistent. Over time, this "tired performance" becomes normalised, increasing operational risk, leadership strain, and burnout signals.

Lifestyle for Performance addresses this gap by treating lifestyle behaviours as performance enablers rather than personal wellness choices. Grounded in lifestyle medicine, stress physiology, and behavioural science, the programme translates evidence-based principles into practical, workday-ready habits that fit Malaysian organisational realities. This is not a wellness talk or motivational session.

It is a practical performance capability programme that strengthens decision quality, execution consistency, leadership sustainability, and workforce resilience by using the energy people already have more effectively and sustainably.

PROGRAMME OBJECTIVES

By the end of the programme, participants will be able to:

- Identify early indicators of fatigue, cognitive overload, and stress accumulation
- Apply practical, evidence-informed habits across sleep, nutrition timing, movement, and stress regulation
- Design energy-smart workdays aligned with natural performance rhythms
- Build a realistic, personalised 30-Day Performance Blueprint
- Sustain clarity, focus, and emotional control during high-demand periods

PARTICIPANT PROFILE

Lifestyle for Performance is designed for leaders, managers, and professionals in high-demand roles where sustained focus, sound judgement, and emotional regulation are critical to organisational performance.

LEARNING METHODOLOGY

This programme is delivered through expert facilitator-led sessions that translate performance science into practical, workplace-relevant strategies. Participants engage in guided self-assessments and performance mapping, supported by practical demonstrations such as movement resets, breath regulation, and focus stabilisers, alongside structured, professional peer discussions that are non-intrusive and purposeful. The experience is highly applied, culminating in hands-on development of a personalised action plan. Every participant leaves with a clear and actionable 30-Day Performance Blueprint, three daily Energy Anchors for morning, mid-day, and late-day effectiveness, and a friction-proof implementation plan designed to integrate seamlessly into even the busiest work weeks.

COURSE OUTLINE

Module 1: The Performance Gap - Why Energy Fails Before Skills Do

- Recognising early signs of fatigue and cognitive overload
- How sleep debt, stress physiology, and ultradian disruption shape attention and decision quality
- Identifying lifestyle–performance misalignment (output vs recovery)
- Completing a personal energy risk profile

Module 2: Daily Systems for Sustainable Performance

- Micro-habits across sleep, nutrition, movement, stress,
- AM/PM routines and workday Energy Anchors
- Circadian alignment, nutrient timing, and movement snacking
- Designing performance environments that reduce friction and protect focus

Module 3: High-Performance Living - What “Better” Looks Like

- Defining optimal energy, focus, and mood stability for your role
- Mapping current vs desired performance state
- Understanding behaviour compounding over 30–90 days
- Team-level benefits of lifestyle alignment

Module 4: Your Performance Blueprint - 30-Day Micro-Change Plan

- Selecting a small set of high-impact priority habits
- Building a simple, realistic 30-day plan that survives busy weeks
- Identifying friction points and implementation barriers
- Designing workplace-aligned routines

PROGRAMME FACULTY

Dr Iman Lim

Medical Doctor, Certified Lifestyle Medicine Practitioner and Accredited HRD Corp Trainer



Dr. Iman is a medical doctor and certified Lifestyle Medicine Practitioner with practical experience in functional medicine, stress physiology, and behaviour change. Over the past several years, she has supported patients with chronic conditions and helped individuals build healthier, more sustainable lifestyles through science-based, personalised strategies.

Her facilitation style is grounded, clear, and highly practical - translating medical concepts into simple tools that busy professionals can use immediately. She focuses on mindset, micro-habits, and daily recovery practices, ensuring participants walk away with realistic techniques they can integrate into their workday without overwhelming routines or drastic changes.

Dr. Iman also leads a holistic wellness initiative designed to support high-stress individuals, particularly medical professionals, in restoring their energy and resilience. She brings a calm, compassionate approach to every session, helping participants understand their stress responses and empowering them to create meaningful, sustainable change in their personal and professional lives

FEES AND FURTHER DETAILS

Date : TBC
Time : 9:00 am - 5:00 pm
Venue : Q Sentral Kuala Lumpur
Fee : RM 1,750 per person

The cost of the programme includes lunch and other refreshments, as well as programme materials for one participant. It is not inclusive of any applicable taxes.

This programme can be delivered in-house for your organisation.

To register and for more information, please contact:

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**Note: This programme is not intended for individuals seeking clinical mental health treatment, personal lifestyle coaching, or medical or therapeutic intervention; it is provided for educational purposes only, with no medical advice, liability, or guaranteed outcomes.*

ABOUT MANAF GARDNER ASSOCIATES

Manaf Gardner Associates (MGA) is a premier consulting firm specialising in Human Capital and Executive Education. Established in 2025 by Datuk (Dr) Nora Manaf and Professor Dr Colyn Gardner, MGA brings unparalleled expertise to the evolving landscape of talent management and professional development.

Our founders bring with them extensive industry experience and their combined leadership ensures MGA remains at the forefront of executive education and human capital strategy. Most recently, Datuk Nora served as the Chief Human Capital Officer of Maybank, Malaysia's largest financial institution, for 16 years, while Professor Colyn led the Asian Banking School for nearly a decade, transforming it into ASEAN's largest provider of specialised banking training programmes.

At MGA, we empower organisations to mitigate risks and capitalise on growth opportunities through knowledge enhancement and strategic innovation. By offering a cohesive and comprehensive approach to talent management, we provide expert solutions through our Human Capital Advisory Services and leading-edge Learning and Development Programmes that include our exclusive Executive Education programmes with some of the best business schools in the world.

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