



WELLNESS

**IGNITE YOUR PASSION
IN WELLNESS, AND TURN IT
INTO A LUCRATIVE CAREER**



WPDC

WELLNESS PROFESSIONAL
DEVELOPMENT CENTRE

mind + body + lifestyle

Managed by



*UCSI Extension Sdn Bhd
A member of UCSI Group*

Supported by



DOES THIS SOUND LIKE YOU?

1

Do you want to be a wellness practitioner and earn money from it at the same time?

2

Are you passionate about leading a healthy life while improving the wellbeing of others?

3

Do you yearn to jumpstart a promising career in wellness but you don't know how to start?

4

Are you already in the wellness business but find difficulty sustaining the operation?

5

Would you want guidance, knowledge, resources and mentorship from experts in wellness?

**IF THE ANSWER IS YES,
WE CAN HELP.**



10 REASONS

WHY PEOPLE *FAIL* IN WELLNESS CAREERS

1 Lack of credible knowledge

2 Poor business acumen and planning

3 No access to wellness networks

4 No credentials in wellness from reputable institutions

5 Lack of wellness coaching skills

6 No wellness support groups

7 Inability to sustain existing customers

8 Insufficient differentiating factors from the competition

9 Failure in building a sustainable customer base

10 No guidance on how to build a wellness and coaching business

WHAT **CHALLENGES** DO YOU FACE AS A WELLNESS PROFESSIONAL?

NO credibility and proper certifications

NO fundamental knowledge of proper techniques

NO support network and customer base



**LOSS OF
CUSTOMERS**

HOW WPDC HELPS YOU OVERCOME THESE CHALLENGES TO ACHIEVE YOUR GOALS

WPDC PROVIDES:

- 1** A one-stop solution to your wellness career needs by providing education, masterclasses, marketing resources, business development, networking and unlimited support.
- 2** Regular Masterclasses in Wellness, Wellness Coaching and Workplace Wellness for individuals and organisations.
- 3** Certificate programmes that are backed by Malaysia's best private university.*
- 4** Programmes are delivered by subject matter experts, educators and practitioners who boast more than 100 years of cumulative experiences in the health and wellness industry.
- 5** Strong focus and guidance to turn knowledge, skills and techniques into a profitable business through repeat clientele.
- 6** Apprenticeship programme with value partners for "wellpreneurs".

*QS World University Rankings 2019

YOUR WELLPATH (WELLNESS CAREER PATHWAY)



MASTERCLASS IN WELLNESS

Career opportunities:

- Wellness practitioner
- Wellness consultant



MASTERCLASS IN WORKPLACE WELLNESS

Career opportunities:

- Workplace wellness specialist
- Corporate wellness consultant
- Human resource wellness officer



MASTERCLASS IN WELLNESS COACHING

Career opportunities:

- Wellness coach
- Wellness trainer/educator
- Chief wellness officer
- Corporate wellness officer/ambassador

WELLPRENEUR PROGRAMME

Career opportunities:

- Wellness centre Manager/ Operator
- Wellness business owner/ partner
- Wellness centre franchisee



MASTERCLASS IN WELLNESS

INTRODUCTION

This five-day masterclass provides in-depth coverage on all the dimensions of wellness. Participants develop an understanding on all major factors affecting one's wellbeing like stress, emotional disturbances, sleep disorders, sedentary lifestyles, poor food choices, smoking, alcoholism, as well as financial and occupational problems. They will also be trained to use powerful tools like biometric screening, anthropometric measurements and wellness risk assessments to evaluate their clients' wellness needs.



KEY LEARNING AREAS

1. Key dimensions of wellness.
2. Nutrients, dietary requirements and nutritional assessment tools.
3. Strategies that combat obesity and tips to develop effective weight management programmes.
4. Principles of physical fitness and exercise programmes for different individuals.
5. The minimisation of water, noise and radiation pollution, as well as toxic chemicals in everyday products..
6. The effects of stress, sleep deprivation, mental and emotional disturbances on one's health and wellness.
7. The importance of health screening, detoxification and preventative medicine.
8. The optimisation of all dimensions of wellness for better work life balance and the prevention of lifestyle disorders.

KEY VALUES AND BENEFITS

- Learn from experienced subject matter experts.
- Gain holistic knowledge on wellness.
- Improve credibility and trust in servicing your customers.
- Develop an interactive learning style.
- Enjoy state-of-the-art learning facilities.
- Expand your professional business network.
- Access case studies focusing on all dimensions of wellness.

COMPLIMENTARY

- 30-day wellness journal for yourself and your clients.
- Wellness assessment tools and questionnaires for yourself and your clients.
- Medical consultations and health checks that focus on your wellness needs.
- Health screening tests worth RM 400 including anthropometric measurements, blood tests vouchers and skin analysis from WPDC's value partner.



MASTERCLASS IN WORKPLACE WELLNESS



INTRODUCTION

This three-day programme equips you with the know-how, skills and resources to analyse the wellness culture in organisations. Participants will plan and develop a sustainable employee wellness programme by customising nutritional and fitness regimes. They will also learn the effective use of biometric screening to monitor employee health and the effectiveness of wellness programmes.

KEY LEARNING AREAS

1. The wellness needs of an institution.
2. An effective wellness programme and its alignment to company objectives.
3. Strategic communication with leadership, management and employees.
4. The use of biometrics, health assessments and questionnaires to assess the fitness, nutrition and wellness needs of employees.
5. The creation of concise and informative training materials for employees.
6. Effective incentivisation methods to drive employee participation.
7. The evaluation of success and best practices that ensure long term compliance.

KEY VALUES AND BENEFITS

- Learn from experienced subject matter experts.
- Enjoy state-of-the-art learning facilities.
- Expand your professional business network.
- Help organisations reduce employee healthcare costs and improve productivity.
- Establish a purposeful career in the emerging workplace wellness industry.
- Work with experts to plan and develop suitable workplace wellness programmes organisation during the course.
- Engage WPDC's key value partners for comprehensive corporate wellness programmes for their organisations.

COMPLIMENTARY

- 30-day wellness journal for yourself and your clients.
- Wellness assessment tools and questionnaires for yourself and your clients .
- Medical consultations and health checks that focus on your wellness needs.
- Health screening tests worth RM 400 including anthropometric measurements, blood tests vouchers and skin analysis from WPDC's value partner.



MASTERCLASS IN WELLNESS COACHING

INTRODUCTION

This five-day masterclass exposes you to the latest wellness coaching methods, tools and models. It provides the definitive experience when it comes to in-depth practical sessions. Delving deeper, you will get to participate in real life coaching case studies and be exposed to wellness business strategy tools taught by experts. Learn how to create a successful business within three months. Get started today and nurture a sustainable coaching practice in wellness.



KEY LEARNING AREAS

1. Wellness Coaching Fundamentals.
2. The ability to apply various coaching skills with proper tools and methods
3. Legal boundaries as wellness coaches to ensure a safe and ethical practice
4. The development of key signature coaching styles to differentiate yourself from the competition.
5. Powerful communication skills to build trust with your clientele.
6. Proper documentation, coaching assessments and feedback templates.
7. The best practices to set up a wellness coaching business and be a successful Wellpreneur.

KEY VALUES AND BENEFITS

- Learn from experienced subject matter experts.
- Enjoy state-of-the-art learning facilities.
- Expand your professional and business network.
- Learn mentoring skills, coaching skills strategies from experienced subject matter experts to overcome resistance to change.
- Practise coaching in real life situations.
- Learn strategies and tools on how to create a successful wellness coaching business.

COMPLIMENTARY

Enjoy a complimentary one-year affiliate memberships with the Institute of Coaching, McLean Hospital – an affiliate of Harvard Medical School – and gain:

- Access to online resources on coaching, thousands of articles, Master Classes, videos, podcasts and more.
- Exclusive access to global thought leaders in coaching - gain deep insights via top experts
- Access to coaching tools - starter engagement and advanced leadership tools to grow your business
- Peer networking – in the course and also online to a vibrant global community of coaches in 30+ countries
- Access to coaching reports and to coaching research digests - practical summaries from the latest research articles, published monthly
- Private Dashboard - your private library to store favourite posts and resources



WELLPRENEUR PROGRAMME

Having completed the series of masterclasses, it would not be uncommon for participants to wonder how to get their wellness business off the ground and build a customer base. Questions may linger on the best ways to connect with other like-minded individuals.

Those aspiring to be entrepreneurs in wellness - wellpreneurs for short - are eligible to apply for the Wellpreneur programme. This programme gives participants invaluable opportunities to do apprenticeship with our value partners.

Our value partners are just like us. They are incredibly passionate about supporting others and sharing their secrets of success. This on-the-job mentoring and coaching empowers participants with a taste of being a wellpreneur, as well as opportunities for networking before embarking on their own entrepreneurial journeys. Participants gain exposure and business experience in the field of their choice.

WHO CAN ENROL FOR THESE PROGRAMMES:

- Any individual who has a keen interest in health and wellness.
- Any medical or allied health professional.
- Any individual who wants to add value to his or her current job.
- Any individual who wishes to improve the wellbeing of other individuals, organisations or communities.
- Any individual who wishes to elevate their reputation as a wellness professional among employers, colleagues, and clients.
- Any individual wishing to join the wellness team or lead a wellness programme in an organisation.





WPDC

WELLNESS PROFESSIONAL
DEVELOPMENT CENTRE

mind + body + lifestyle

The Wellness Professional Development Centre (WPDC) was established with the sole purpose of helping people lead better lives.

It is a one-stop platform that provides a practical learning and coaching programme, business support and resources, as well as peer networking opportunities for individuals who are keen to build a fruitful career and business in the lucrative wellness industry.

The WPDC is a division of UCSI Extension, a HRDF (Human Resource Development Fund) approved training consultancy firm and a member of UCSI Group - a leading education provider in Asia that runs Malaysia's best private varsity.

OUR OFFERINGS

MASTERCLASS and COACHING

- Masterclass in Wellness
- Masterclass in Workplace Wellness
- Masterclass in Wellness Coaching
- Wellness Career Guidance and Planning Programme
- Wellpreneur Residence Programme

WELLNESS PRODUCTS, SERVICES SUPPORT and RESOURCES

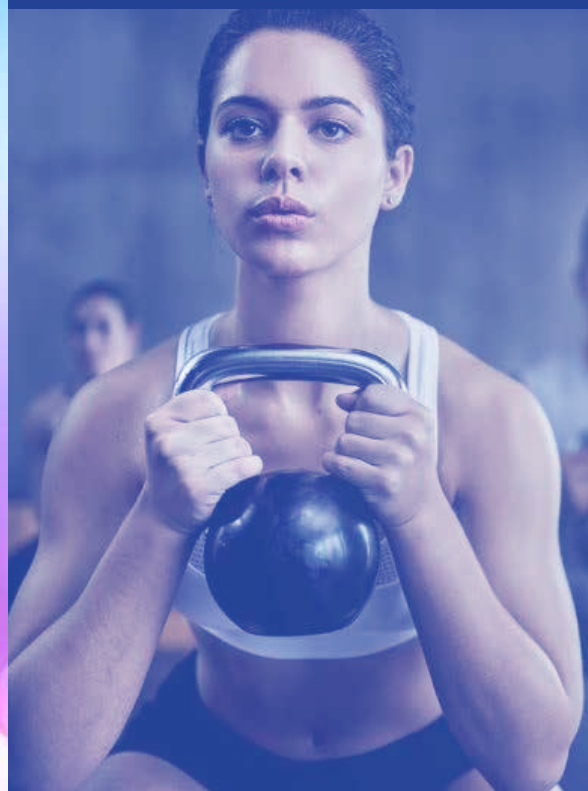
- Wellness and Health Screening Programme
- Wellness Products and Services

AFFILIATION and NETWORKING

- Wellness and Health Screening Programme
- Wellness Products and Services

WPDC CONSISTS OF

a team of subject matter experts, educators, and industry practitioners with a combined total of more than 100 years of experience in the health and wellness industry



Our Support Partners:



A proven track record as Malaysia's #1 private university and one of the world's best universities under 50 years old.



Prominent Association in the Wellness and Spa Industry in Malaysia.



All courses are eligible for Malaysian Human Resources Development Fund (HRDF) claims under the SBL Scheme.



Holistic medical and wellness centre.

WPDC AIMS

TO HELP YOU BUILD A PURPOSEFUL CAREER IN THE LUCRATIVE WELLNESS INDUSTRY

GET ACCESS TO EXCLUSIVE WPDC VALUE CHANNELS:



Become part of a growing network of like-minded professionals and individuals in the wellness industry.



Get access to special offers and rebates on wellness products and services offered by our Value Partners.



Turn great ideas into realities! Learn and build your business in the wellness industry with guidance from experienced business consultants and access to potential investors.



Access to our pool of subject matter experts, educators, consultants, and industry practitioners for guidance on how to grow your career in the wellness industry.

All new registrants of the Masterclass in Wellness and Masterclass in Workplace Wellness will receive:



Skin Science Centre

FREE HEALTH SCREENING TEST PACKAGE

Get a one-time free medical consultation and health screening test at Laurent Bleu Skin Science Centre.

All new registrants of the Masterclass in Wellness Coaching will receive:



FREE ONE-YEAR AFFILIATE MEMBERSHIP

Be an affiliate member of McLean Hospital's Institute of Coaching - a renowned affiliate of Harvard Medical School - and enjoy benefits and community networking with thousands of members globally.

WHAT SOME OF OUR EXPERTS SAY:

The programs are taught by academicians, business consultants, certified coaches and industry experts. These programmes will set a new standard in the wellness industry

Dr Sivah Sandrasakre

Chief Medical Officer, KPJ Kajang Specialist Hospital

Wellness coaches use an integrative approach to mind, diet and lifestyle to improve their clients wellbeing; working towards an overall healthier life. They will look at their client's nutrition patterns, relationships, physical fitness, spirituality and more thus bridging the gap.

Dr Bhaskaran Kosthi

President, Malaysian Association of Wellness and Spa

A one hour yoga or zumba class cannot be classified as an employee wellness programme, which is what is currently happening in most organizations. The workplace wellness course empowers participants to design a sustaining wellness programme at their workplace that will truly make a difference in their employees wellness needs.

Dr Deepali Sharma

Clinical Assistant Professor, Universiti Tunku Abdul Rahman

Wellness Coaches need to be trained to recognize their legal boundaries and how to practice safely and ethically.

Shanti Abraham Mathew

Messrs Shanti Abraham & Associates

The courses provide up to date and credible information. Upon completing the course, wellness practitioners should be able impart information from trustworthy resources and debunk myths.

Dr Jamuna Arunasalam

Deputy Director, Taiping Hospital

The curriculum is structured in such a way that the content will be easily understood and is applicable to participants from all walks of life. In addition, there will be exciting interactive small group workshops, coaching simulations and opportunity for feedback and self-reflection.

Dr Edmond Ng

Adjunct Lecturer, School of Healthy Aging, Aesthetics and Regenerative Medicine

With these courses, wellness professionals will be able to reinvent themselves. Wellness coaches will be one step ahead of the rest and a trendsetter in the wellness industry.

Harmender Singh

ITD Certified Coach, Transformation Office, Sime Darby Property

In my 35 years of corporate training, I have not come across such innovative programmes that combine wellness, workplace wellness, business and coaching. WPDC is refreshingly different providing world-class products and value added services.

Stephen Corneilius

CEO, USCI Extension and WPDC

Being an ex-elevator mechanical design engineer, I am used to seeing things in a different perspective. Everyone looks at exercise as just a weight loss tool; I train my clients with purpose and believe in intelligent movement and not mindless exertions.

Lee Chun How

ACE Certified Personal Trainer and Wellness Coach

We are excited to team up with WPDC under the "UCSI Wellness" banner. As a value partner, Laurent Bleu provides wellness consultation, skin analysis and health screening tests for participants by our experienced doctors. We believe that wellness coaches have to optimise their wellbeing before they can assist their clients.

Natasha Dominique Ng

Manager, Laurent Bleu Skin Science Centre

Scan here to
send your enquiry:



Contact us now for more information:

☎ Hotline : 03 9101 8880 ext 5075/5080

✉ Email : info@ucsiextension.com

📱 Whatsapp : 012 375 5002 / 013 319 1534

📘 Facebook : [ucsiwpdc](https://www.facebook.com/ucsiwpdc)

MALAYSIA'S #1 PRIVATE UNIVERSITY

**RANKED 481. TOP 2% OF ALL
UNIVERSITIES WORLDWIDE.**

UCSI University is the only Malaysian private university to make the top 500 in the QS World University Rankings 2019. UCSI is also one of only six Malaysian universities in the top 500, along with the nation's five research universities.

