

Improving Wellbeing through Brain Based Leadership

5th May 2021 | 3:30 pm – 5:00 pm (Myanmar Time)

About the Webinar

This is a group session to explore how stressful situations can impact the brain's ability to focus and affect our mental and physical health. Mr. Ian Davies of Team Thinking Asia along with his colleague U Daniel Leme will speak about the positive impact that brain-based approaches to leadership can have on the wellbeing of people in periods of change and uncertainty. The session will be conducted in both English and Myanmar languages.

By the end of this session, we aim for you to have some ideas to:

- Support yourself and your team during challenging times.
- Understand some brain-friendly approaches to develop personal resilience.
- Take-away a few practical tools to help you and your team to be calmer and more focused.

Please note that this is not a counselling session, but an opportunity to get together and explore ways that we can all cope better in challenging times.

Who Should Attend

Board and senior management level members of the MIO D. This is a members-only event.



AGENDA

3:30 pm – 3:35 pm	Welcome Thiri Thant Mon , CEO, Myanmar Institute of Directors
3:35 pm – 3:40 pm	Introduction Mr. Ian Davies , Director / Co-Founder, Sinzar Consulting Ltd
3:40 pm – 4:45 pm	Presentation <i>Improving Wellbeing through Brain Based Leadership</i> Mr. Ian Davies , Director / Co-Founder, Sinzar Consulting Ltd U Daniel Leme , Trainer and Translator, Sinzar Consulting Ltd
4:45 pm – 5:00 pm	Q & A and Closing Remarks

**The webinar will be in both English and Myanmar Languages*

 **SPEAKERS**



Ian Davies is a British born trainer with over 20 years of international training experience, in the UK, Asia and the Middle East. Ian has been working in Myanmar since 2009 and has extensive experience with private sector organisations, international donors, government officials and civil society organisations. He has a teaching degree from Liverpool John Moore's University, is an Associate Certified Coach with the International Coaching Federation, a NeuroLeadership Institute Brain Based Executive Coach, a Master Practitioner of Neuro Linguistic Programming (NLP), a Certified Trainer of PRISM Brain Mapping™ and Management 3.0 Facilitator.



Daniel Leme is a Myanmar trainer who started working with us in 2017. He specialises in Growth Mindset, Human Behaviour and Customer Service. His engaging style and passion for training brings learning to life. He is a Certified Practitioner of PRISM Brain Mapping™, the globally used behaviour awareness tool and is currently studying towards his MBA. Before joining Team Thinking Asia, he worked as a senior cabin crew with a Myanmar airline.



Thiri Thant Mon is the CEO of the Myanmar Institute of Directors and the Managing Partner of Pegu Partners. She has over 20 years of experience in the US, UK and Myanmar, including as an investment banker with Morgan Stanley in London and the member of the senior management team at Yoma Strategic Holdings in Myanmar. She is a board member of Dawn Microfinance Myanmar and a trustee for Turquoise Mountain Foundation. She holds a BA in Economics from William & Mary, an MBA from the London Business School and a Director Certification Diploma from the Thai Institute of Directors.

About Team Thinking Asia

Team Thinking Asia is the soft skills brand of Sinzar Consulting Ltd, a foreign owned company registered under Myanmar company law in 2016. The company was founded by the two directors, Tristan Burton and Ian Davies, who have been working in Myanmar since 2009 and 2008 respectively.



We help people and organisations to work more effectively, from graduate trainees through to senior level executives. We're passionate about developing people skills, through active, engaging, brain-friendly training and executive coaching programmes.

Find out more at www.teamthinkingasia.com

Registration

To register, please contact the Myanmar Institute of Directors at rsvp@myanmariod.com

Address: Ground Floor, Unit 2, Uniteam Office Building, 84 Pan Hlaing Street, Sanchaung Township, Yangon, Myanmar.

Hotline ; +95 9 400 1514 12, 400 1514 19

Website: www.myanmariod.com | www.facebook.com/MyanmarIoD | <https://www.linkedin.com/company/myanmariod>

FILL THE ONLINE REGISTRATION FORM

<https://bit.ly/3voM99x>

Registration is first come, first served.



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About the Myanmar Institute of Directors

The Myanmar Institute of Directors (MIoD) is an independent organization promoting corporate governance standards and best practices in Myanmar. It aims to advance board professionalism, promote business ethics and transparency, create networks between corporate leaders and stakeholders, and boost investor confidence in Myanmar's capital markets. The institute's activities include providing board and corporate governance training, helping raise awareness on governance topics, and advocating for market reforms. MIoD was formed with support from the International Finance Corporation (IFC), a sister organization of the World Bank and a member of the World Bank Group, and the governments of Australia and the United Kingdom. For more information, visit www.myanmariod.com