

The Shift: How Seeing People as People Changes Everything

- Do you want to change your perception and start seeing people in a more authentic way?
- How can you stay grounded and resilient when the going gets tough?
- Would you like to discover how shifting your perspective can transform both your personal and professional relationships?

Introduction

The Shift is about rethinking how we see and treat others—not as obstacles or objects, but as people with their own needs, challenges, and strengths. This change in perspective can transform the way we build relationships, make decisions, and respond to difficulties. Participants don't need prior knowledge; only a willingness to look at their own lives and interactions in a new light. Through this program, you will explore how small shifts in mindset can open up new possibilities, deepen connections, and create more meaningful engagement in both professional and personal settings. Along the way, you will find validation for your experiences, appreciation for your efforts, and practical guidance to navigate tough times with resilience. The journey begins with one simple but powerful question: are you ready to change how you see people—and in doing so, change everything?

Program Objectives

This program aims to:

- shift and change the perception of understanding people
- communicate efficiently using the shift method

Learning Outcomes

After completing this program, the participants should be able to:

- have self-realisation
- apply positive method when dealing with people
- pay attention the right way

Methodology

Gamification, case study, interview, case simulation, quiz, group discussion, lecture, videos.

Who Should Attend

Human resource personnel, marketing personnel, financial personnel, managers, Senior Management, and anyone who would like to change perception in seeing people

Program Outline

Day One	
Time	Topics
9:00am – 10:30am	<p>What is the Shift?</p> <p>This module, it's all about doing more than what you're paid for. For example, as employees of an organisation, participants would learn to give more to achieve a greater value or goal.</p>
10:30am – 11:00am	Tea Break and Networking
11:00am – 1:00pm	<p>The Power of Seeing People as People</p> <p>In this module, participants learn to see that people are a delight to be around and have an unlimited capacity to spread positive feelings. Participants would practice developing a good attitude</p>
1:00pm – 2:00pm	Lunch and Networking
2:00pm – 3:30pm	<p>Paying Attention</p> <p>It's all about paying attention and having a listening ear. In this module, participants learn to pay attention attentively and digest information spoken or given by anyone.</p>
3:30pm – 4:00pm	Tea Break and Networking
4:00pm- 5:00pm	<p>Look Through Their Eyes</p> <p>In this module, participants learn how to practice being in someone else's shoes. This module is for participants to learn how to feel the pain of others so that they can be compassionate and hear them out before making any decision.</p>
Day Two	
Time	Topics
9:00am – 10:30am	<p>Self-Realisation</p> <p>It's important to have self-realisation before we accuse someone of doing something bad or evil. Participants learn that they themselves are imperfect, and at times it's ok for someone to make a mistake that can be rectified</p>
10:30am – 11:00am	Tea Break and Networking
11:00am – 1:00pm	<p>Do Behavioural Rules Work?</p> <p>Is yelling your form of gaining acknowledgement or making them fearful of you? In this module, participants learn that people must be treated with dignity and respect.</p>

1:00pm – 2:00pm	Lunch and Networking
2:00pm – 3:30pm	<p>Using the “Shift” When It’s Tough</p> <p>At times, there really are some people who aren’t able to comprehend or understand that there are really some kind people around. In this module, participants learn to stay positive and learn methods to resolve and help some people who are still very stubborn.</p>
3:30pm – 4:00pm	Tea Break and Networking
4:00pm- 5:00pm	<p>Solving Disagreements</p> <p>In this module, participants learn to solve disagreement or conflict using the shift method. In addition, participants learn that it is important to let someone in the organisation know whatever decision made is for the benefit of everyone.</p>