

CANCER AWARENESS AT WORK



What Every Employee Should Know

Protect Your Health. Empower Your Future.



Academy & Consultancy LLP



Many people fear cancer because they do not understand it. This eye-opening programme helps participants gain a better understanding of the factors that influence health and well-being, empowering them to make informed lifestyle choices and take greater responsibility for their long-term health.

WHY ATTEND?

- ✔ Chronic stress and emotional pressure
- ✔ Poor sleep and unhealthy lifestyle habits
- ✔ Sedentary routines and lack of physical activity
- ✔ Poor dietary choices and environmental factors
- ✔ Limited awareness of early warning signs and preventive actions

WHAT YOU WILL LEARN

Module 1 — Rethinking Cancer

- Common myths and misconceptions
- Cancer awareness from a preventive perspective
- Importance of early awareness and informed choices

Module 2 — Lifestyle & Physical Well-Being

- Sleep, nutrition, hydration, and movement
- Daily habits that support long-term wellness
- Understanding lifestyle-related health risks

Module 3 — Emotional & Psychological Well-Being

- The impact of stress on health
- Emotional awareness and self-care
- Building resilience in daily life

Module 4 — Holistic Health & Personal Responsibility

- Connection between mind, body, and lifestyle
- Developing a preventive mindset
- Creating sustainable healthy habits

Module 5 — Personal Journey & Lessons Learned

- Real-life experiences and key insights
- Practical takeaways for everyday living

WHO SHOULD ATTEND?

- ▶ Employees at All Levels
- ▶ Managers and Supervisors
- ▶ HR & Wellness Committee Members
- ▶ Health-Conscious Individuals

LEARNING OUTCOMES

- ✔ Understand the link between lifestyle, emotions & health
- ✔ Identify personal health risk factors and unhealthy habits
- ✔ Apply practical self-care and stress management techniques
- ✔ Develop a proactive and preventive approach to well-being
- ✔ Create a personal action plan for healthier living

TRAINING METHODOLOGY

- Interactive Presentations
- Group Discussions
- Self-Reflection Exercises
- Guided Activities
- Action Planning

PROGRAMME DETAILS

| | |
|----------------|--------------------------|
| Duration | 1 Day (7 Training Hours) |
| Mode | Classroom / Virtual |
| Venue | IOI Boulevard, Puchong |
| HRDC Claimable | YES |

COURSE FEE (PER PAX)

MYR 1,750

1 Day Programme

Inclusive of refreshment, lunch & training materials



Liew Chei Peng (Andrew)

Corporate Trainer | Wellness Educator | Speaker

Professional Diploma in Diet & Nutrition (Univ. of Cyberjaya & NHNA)

Advanced Certificate in Nutritional Therapy (NHNA)

MBA (Finance), FCCA, CA(M) | HRD Corp Accredited Trainer

Combining professional expertise, leadership experience, and personal life lessons, Andrew helps participants understand the connection between lifestyle, nutrition, stress, emotions, and overall well-being — inspiring individuals to take proactive steps towards healthier habits and sustainable lifestyle change.

Awareness creates choice.

Choice creates change.

Change creates a healthier future.

ENQUIRIES & REGISTRATION

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