CERAMAH
TRANSFORMASI KECEMERLANGAN PEKERJA
UPM Kampus Bintulu
11 Mac 2019.

KELUAR DARI ZON SELESA

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SOAR TO THE TOP
from base camp to summit
If you don’t know where you are going
Any road will take you there...
PROFESSIONALISM = Competence + Caring

COMPETENCE = Knowledge + Skill + Positive Attitude
SUCCESS

ATTITUDE

DESIRE

WORK
Passion & Resilience

SUCCESS

CAPACITY
(KNOWLEDGE & SKILLS)
SUCCESS is mastering the 3As

1. Attitude
2. Abilities
3. Action
TRANSFORM

FROM
GOOD
TO
GREAT
TRANSFORM

FROM

ACCEPTABLE

to

EXCEPTIONAL
TRANSFORM FROM ACTIVITY (BUSY) TO PRODUCTIVITY
DREAMS DON'T GROW IN COMFORT ZONES

What a comfort zone really is, and why you need to move beyond it if you want to succeed.
COMFORT ZONE

• a situation where one feels safe or at ease.
• a settled method of working that requires little effort and yields only barely acceptable results.
• staying within your comfort zone you will never improve"
Where the magic happens

Your comfort zone
These Chicken are very comfortable
3 KUMPULAN INSAN

TRANSFORMASI

MENDATAR

MENURUN

GROWTH

TIME

NIKE
INSAN SUPER

YOYO

AYOYO
TAHAP PENERIMAAN IDEA BARU DAN PERUBAHAN

+ 3 Komited - Itu idea yang baik, ayuh kita laksanakan

+ 2 Ghairah - Aku setuju; aku akan cuba

+ 1 Minat - Itu idea yang baik; aku berminat

0 BEBAS IDEA (KECEMERLANGAN)

-1 Apati - Aku tidak minat, aku tiada masa, idea ini boring, nanti aku fikirkan.

- 2 Skeptik - Ragu-ragu; idea tak baik

- 3 Benci - Jangan jadi bodoh; jangan buang masa aku !!!
**Achievement Triangle**

1. **Comfort Zone**
   - The Comfort Zone is where most people operate, they are satisfied and always comfortable. They take no risks.

2. **Performance Zone**
   - Performance Zone
   - There are less people here. More commitment, occasional risk. Occasionally uncomfortable.

3. **High Performance Zone**
   - High Performance Zone
   - Willing to risk and get uncomfortable. In fact they are uncomfortable more than they are comfortable.

4. **Peak Performance Zone**
   - Peak Performance Zone
   - Peak Performers are comfortable with being uncomfortable, they are constantly pushing the envelope.

SOAR Consultings
Soar to the Top with Distinction
Panic

Stretch

Comfort

Zones
burnout zone

stretch zone

comfort zone

bored zone
Comfort Zone
Safe place to reflect.

Learning Zone
Where you grow and learn.

Panic Zone
Learning is impossible.
Panic Zone

Optimum Performance

Comfort Zone

Learning, Growth Zone
Stepping out of your comfort zone

- means doing things that you don't feel comfortable with doing.
- Getting outside of your comfort levels.
- push yourself in unfamiliar places, to do things that you wouldn't normally do.
Creating New Comfort Zones

old comfort zone

new comfort zone
9 Ways to Overcome Fear and Break Out of Your Comfort Zone

1. Take nothing for granted. ...
2. Switch up your routine. ...
3. Move toward your fears. ...
4. Give up control. ...
5. Try something new until you feel comfortable. ...
6. Ask the questions other people don't like to. ...
7. Start conversations with strangers. ...
8. Agree to something you wouldn't normally consider.
9. Keep a list of growth goals.
Why is it good to go out of your comfort zone?

• When in your comfort zone, your brain doesn't want anything to change. ...

• Getting out of your comfort zone from time to time creates just enough good stress to ramp up your focus, creativity, pace, and drive.

• Helps you respond to life stress when unexpected things happen.
INSAN ?????

Alternative energy

Energistyrelse

Boomity-Boom

Woob, woob

Boom, boom, boing

Mii jo miijo iz

Boom, boom, boom, boom

Boom, boom, boom, boom

Boom, boom, boom

Boom, bang-a-bang
THE WORKING PROCESS

Infrastructure & other resources

Environment (Ecosystem)

LEADER

WORKFORCE

GREAT PERFORMANCE

Plan

Learn & Improve

Do

Evaluate
MODAL INSAN

- expertise
- experience
- energy
- excitement
- ethical
- empathy

= EMPOWERMENT and PROFESSIONALISM
INSAN SUPER
SET MINDA JUARA!!!(A CHAMPION MINDSET)

1. High Energy
2. Always Raising the Bar
3. Never Gives Up
PLANNING AND EXECUTION

MIND

- THINKING
- PLANNING

MUSCLE

- DOING
- EXECUTING

Developing the power of being effective and efficient

RESULTS = HIGH PERFORMANCE
HEAD

- THINKING
- PLANNING
- =IDEA

HAND

- DOING
- CONDUCTING

RESULTS

3H
KESEDAKRAN SEBELUM PERUBAHAN

KESEDAKRAN → TRANSFORMASI PARADIGMA

USAHA ← SIKAP

HASIL
SELAMAT MAJU JAYA