



# Malaysia Nutrition Leadership Programme (MyNLP) 2023 Activity Report

Prepared by MyNLP Technical Working Committee



## **MyNLP Technical Working Committee**







Chair

Co-Chair



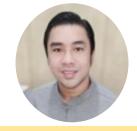
Assoc Prof Dr A. Mahenderan



Assoc Prof Dr Wong Jyh Eiin

#### **Committee Members**





Mr Ng Chee Kai



Assoc Prof Dr Chin Yit Siew



Binti Mohd Yusop



## **Key Activities in Year 2023**



**Nutrition Career Journey** 



**Nutrition Communication Training Workshop** 



## **Nutrition Career Journey**

### **Event objective**

 To gain insights into leadership roles, challenges and opportunities of nutritionists in different work settings.

### **Target audience**

 Fresh nutrition graduates and final year undergraduate & postgraduate students

### **Coverage of speakers**

- Career opportunities
- Challenges of nutritionists in different sectors







Nutrition Career Journey 3 March 2023:

Nutrition Career Journey 18 March 2023:

# Nutrition Career Journey 1/2023

#### Highlights of the talk:

- A total of 213 participants attended the webinar.
- The speakers provided insights to future nutritionists working in different settings, especially in governmental and non-governmental sectors.



# Nutrition Career Journey 2/2023

### Highlights of the talk:

- A total of 91 participants joined the webinar
- Participants gained new insights from both speakers, with few comments indicating that the sharing helped them learn about career opportunities for nutritionists in corporate settings.





## NUTRITION COMMUNICATION TRAINING WORKSHOP



**Nutrition Communication Training Workshop** 

### FROM THEORY TO PRACTICE COMMUNICATION SKILLS FOR NUTRITIONISTS





## Programme

Day 1	
Time	Programme
8.45 am	Registration
9.00 am	Introduction & Ice Breaker
10.00 am	Module 1 (Getting Started) & Module 2 (The Big Picture)
12.00 pm	Module 3 (Understanding communication barriers)
1.00 pm	Lunch break
2.00 pm	Module 4 (Paraverbal communication skills) & Module 5 (Non-verbal communication)
4.00 pm	Optional: Additional learning on social media End of Day 1

Day 2		
Time	Programme	
9.00 am	Module 6 (Speaking like a STAR) &  Module 7 (Asking good questions)	
11.00 am	Module 8 (Appreciative inquiry) &  Module 9 (Mastering the Art of Conversation)	
1.00 pm	Lunch break	
2.00 pm	Module 10 (Mastering the Art of Conversation) & Module 11 (Advanced Communication Skills)	
4.00 pm	Optional: Additional learning on social media Wrap up & End of the Workshop	



# NUTRITION COMMUNICATION TRAINING WORKSHOP

A total of 26 nutritionists from the corporate, retail, and government sectors participated in the workshop.

## e from the President





### The workshop concluded:

Participants gained knowledge and skills to communicate effectively about nutrition.

The workshop's expert facilitator, comprehensive modules, and practical activities ensured an enriching experience.

A few feedbacks from the participants were, "Good workshop to improve my communication skills and helping me to implement in my current practices" and "It was a great workshop with a fantastic trainer, and it was good meeting all the participants with different backgrounds."



# Acknowledgements

The MyNLP Technical Working Committee would like to express our sincere gratitude to all invited speakers and participants.

Also, special thanks to the following NSM Intern who assisted in the implementation of the different programmes:

Ms Ameera Farhana