

PROJECT
REPORT

Jun - Oct, 2021



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OVERVIEW

PETRONAS School of Life (PSOL) is a community project by PETRONAS Carigali Brunei Ltd (PCBL) in collaboration with Curious Mind to educate Youth on the essential life skills beyond the classroom.

The program is designed to achieve 3 specific goals:

1. To Prepare Youth for Future Employability,
2. To Equip for an Unpredictable Future,
3. To Inspire for Success that Matters in life.

PROGRAM

Every Friday from June to October 2021, PSOL conducted a 3 hour workshop teaching different Soft Skills to the youth. Our course featured 5 main topics:

- | | |
|---------------|------------------|
| 1. June: | Mindset |
| 2. July: | Career |
| 3. August: | Entrepreneurship |
| 4. September: | Communications |
| 5. October: | Success |

The Workshops also featured a 45-minutes interview with a distinguished guest at each session. The program migrated to Virtual Webinars from Week 2 of August till end of October as Brunei went into MCO due to the second wave of COVID-19.



PARTICIPATIONS

Over 130 Students have participated in the PETRONAS School of Life program in the last 5 months.

Each month, 20 students from an institution were nominated to attend a module. Limited slots were also opened to the public to join. We have had students participation from Cosmopolitan College, ISB, JIS and some young graduates.

The participants from each institutions are as follows:

- June: UTB
- July: Politeknik
- August: UBD
- September: IBTE
- October: UNISSA

Launching Ceremony | 25 May 2021



MILESTONES

- PSOL Launching Ceremony was officiated by the Minister of Education, Yang Berhormat Dato Seri Setia Awang Haji Hamzah bin Haji Sulaiman.
- Other Key Senior Government officials in attendance include:
 - Deputy Minister of Education
 - Permanent Secretary of Energy
 - Deputy Permanent Secretary of Education
- The launch was also attended by:
 - 20 Guest Speakers
 - 10 Representatives from beneficiary institutions
 - UBD, UTB, Politeknik, UNISSA & IBTE



Borneo Bulletin: Page 3
26th May 2021



See Hua Daily: Section B3
26th May 2021

PETRONAS School of Life



See Hua Daily
26th July 2021



Participants in a group photo. PHOTO: PETRONAS

PETRONAS Carigali Brunei Ltd (PCBL) started its life skills training under the PETRONAS School of Life programme on June 4, with the participation of some 40 youth, including 20 scholars from Universiti Teknologi Brunei (UTB).

The programme's first module "Mindset" covered topics such as managing adversities, developing grit and mental toughness, mental health, as well as sports psychology conducted by Shaun Hoon from Curious Minds.

Guest speakers included Principal and founder of IZ Hussain & Co Law Firm Laif-shul Zubaidah from Haji Mohd Sultan Law

expert from Perth, Australia, who spoke on emotional intelligence, while clinical psychologists from Little Boeses (Gomy Pengiran Hartini binti Pengiran Tabir and Desyru Kuo Noor Afiza) focused on mental health affecting youth attributed to peer pressure, influence of social media and the prolonged impact of the COVID-19 pandemic.

The programme's last session focused on sports psychology featuring Sports School Principal Matt Lebar.

The students were exposed to the health benefits of sports and regular exercise.



PRESS COVERAGES

- The Launching Ceremony received prominent press coverages from Major News Papers and National News on 26 May 2021
- Key Features Include:
 - Front Page of Media Permata
 - Page 3, Half Page Coverage on Borneo Bulletin
 - 2/3 Page Coverage on See Hua Daily
- Subsequently PSOL also received coverage on the following newspapers on 20 July:
 - Borneo Bulletin
 - Media Permata
 - See Hua Daily
- All detail press coverages and links can be found on
 - CuriousMind.biz/press



GUEST SPEAKERS

- PSOL received the support of a total of 32 distinguished speakers and interview guests both locally and overseas in the last 5 months.
- 5 speakers were from different countries, which included: Australia, Thailand, UK, Canada and Philippines.

MINDSET | JUNE 2021

PETRONAS
School of Life



Managing Adversities

- Lailatul Zubaidah
 - Principal, LZ Hussain & Co



Grit & EQ

- Ming Chong (Australia)
 - Founder, The Fishermen



Mental Health

- Pg Hartini Tahir
 - Clinical Psychologist
- Dk Noor Afifah
 - Allied Health Psychologist, Little Boss IQdemy



Sports Psychology

- Matt Letham
 - Principal, Sekolah Sukan

Career | July 2021

PETRONAS
School of Life



21st Century Skillsets

- Aimi Ramlee
- Co-Founder, Tyne Solutions



Career Direction

- David O'Hagan (Canada)
- Founder, Kickfire Ktichen



Professionalism

- Tan Lee Ngee
- Chief Operating Officer, Standard Chartered



Money

- James Chua
- Former Deputy Treasurer, BIBD)

Entrepreneurship Aug 2021

PETRONAS
School of Life



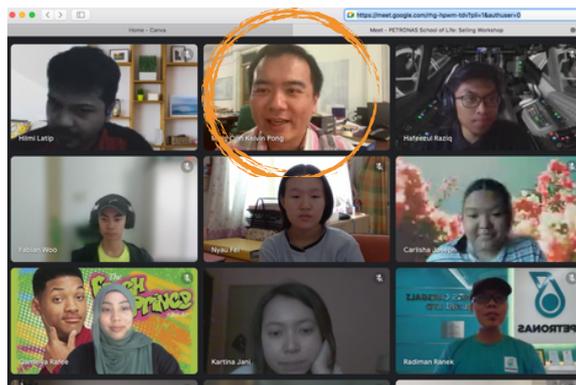
Business Thinking

- Masrhiem Taufik
- Managing Director, Esca Marine



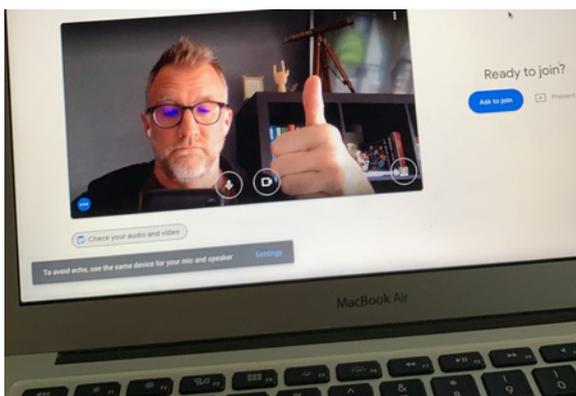
Leadership

- Encik Mohamad bin Othman
- Country Chair, PETRONAS Carigali Brunei Ltd



Sales

- Kelvin Pong
- Senior District Director, AIA



Creativity

- Devin Edwards
- Former CMO, Progressif

Communications Sept 2021

PETRONAS
School of Life



Networking

- Andrew Dy
- General Manager, Asia Inc Forum



Relationships

- Anyati Abdullah Orcullo
- Author, Entrepreneur
- Anyati's Boutique



Influence

- Abdul Malik Omar
- Author, Entrepreneur



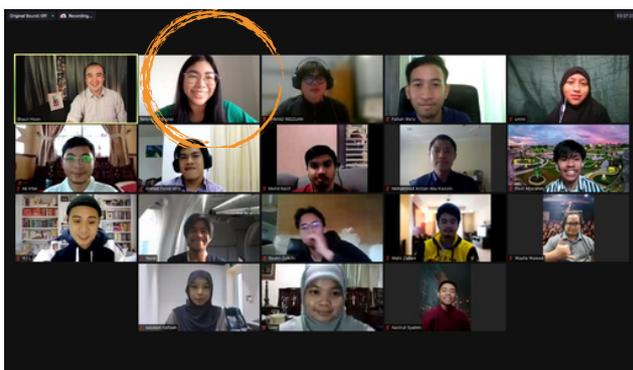
Influence

- Nadzri Harif
- Influencer, Emcee & Magician



Influence

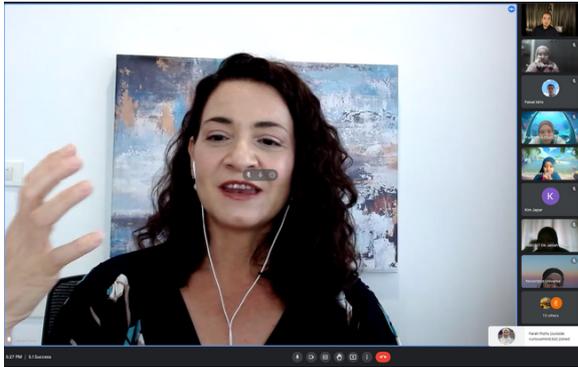
- Fisha Rashid
- Founder, Big Begawan



Public Speaking

- Amy Cheong
- Relentless Academy

Success | Oct 2021



Success

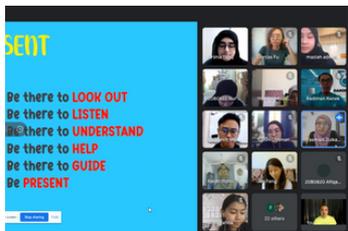
- Isabel Valle (Thailand)
- Founder, Global Rooms



Happiness

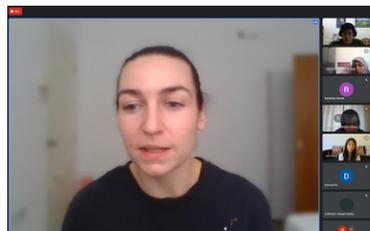
- Soon Loo
- Board of Director, Sheng Ye Capital

Health & Wellness



Mental Health

- Mental Health Youth Champions



Nutrition

- Melissa Webb



Mindfulness

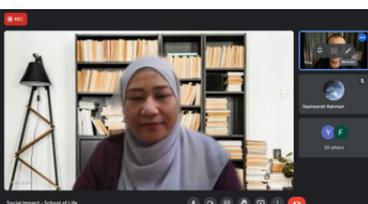
- Jac Fang



Zumba

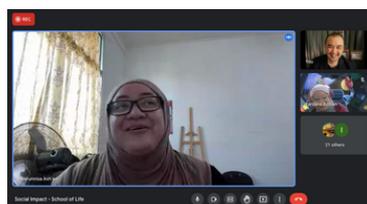
- Tiffany Lai

Social Impact



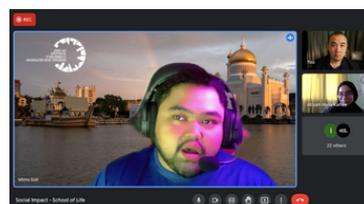
Social Impact

- Fatin Ariffin
- President, YEAB
- Co- Founder, YPN



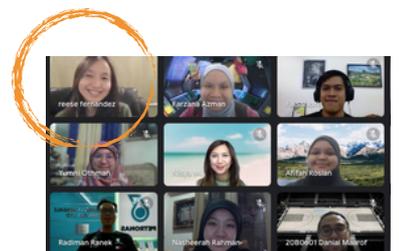
Social Impact

- YB Khairunnisa Ashari
- Brunei Legislative Council
- Founder, Green Brunei



Social Impact

- Syahmi Zulfadhli
- Curator, Global Shapers



Social Enterprise

- Reese Fernandez
- President, R2R



Participants Feedback on Physical Classes

June, July & 1st Week August

How would you rate the quality of the workshop?

- Excellent 62%
- Good 24%
- Average 14%

Would you recommend this workshop to your friends?

- Yes 91%
- Maybe 7%
- No 2%

Feedback | Managing Adversities & Mental Health

It was much needed session and I felt I learnt. I can relate to it and able to understand a lot. Drawn up a lot of curiosity in me as well, great session!

Jakelyn Sim

It was a great session! You know how sometimes we're in a situation where we feel like demotivated and even feel like hopeless, it takes these kind of exposure to lift us back.

I admire how Mr Shaun comment/respond after each presentation, not making anyone feel like they're wrong (or embarrass with their answer). And adding the session with Ms Zubaidah's story, the first session of the workshop has become even more meaningful and useful.

Nurul Amalina Ashikin binti Ali

I enjoyed and benefited from the session especially when listening to the stories of how people manage their adversities. I also like when Shaun share his recommendations to watch the youtube video of Tony Robbins on Robin William, and read Atomic Habits.

Salwa Binti Mohammad Sofri

Managing Adversity session helped me to prepare myself better for any adversity that I may encounter in the future. In the past, I didn't know how to manage and overcome adversity because we didn't learn about it at school.

-It's okay to seek help whenever I face an adversity because I'm not alone. I have my family to support and help me. I could also seek some professional helps because it's okay to feel rather than suppressing everything inside me which would eventually affected me in some ways.

Having feelings and being vulnerable are not a weakness.

I had a car accident back in March 2021. I didn't remember how it exactly happened. But one thing that I remembered was that I had so many things going on inside my brain.

I realised I hadn't go through the stages on grief properly. That's why deep down in my heart, I haven't fully accept the fact that my late father was no longer with us. It takes time to heal because I still blame myself over his sudden death. I need to learn to let go, move on and accept it.

Siti Nur Rakhna binti Muhammad Hideny

What were some of the key takeaways for you from today's workshop? (Highlights / Favorite Story / Aha Moments etc)

The snakes and ladders analogy. It puts life in perspective (a genius one too!). With this example, it can help me to identify my 'snakes and ladders' in life. I agree that some people are born privileged to have certain ladders lined up for them, thus ranking them higher ups. But as we know life, they're even bound to stumble upon their snakes along the way as well. Each of us may have different 'snakes', but in the end its how our attitude would help us, either to bounce back or just dwell deeper and further in the situation.

Nurun Najeebah Tashim

I really enjoyed the part where we were sort to different group and able to discuss abt being "in their situation". It really help me think in a different way.

Nurafiqah @ syasya binti abdullah asmalina

No matter how big we think our adversities in life are, there are others who face more challenging problems/struggles and whatever that we face, we can get through it through a process

Nurul Salehah Yusni

What are your feedback on the Interview Session with Guest?

Finally meeting puan zubaidah, an inspirational figure for me personally. It spoke to me when she said to "give permission for yourself to grieve, to be broken."

Zulfa Syafinaz Zulkifli

(Managing Adversity) is my favorite session. It shows the reality of managing adversities, even for people whom we can regard to as successful. Everybody have their own adversities they go through, adversities that are hidden behind their great success. I kept asking myself "why those adversities happened to her?" and answered "maybe she's the only who can go through it the best. She's the strongest one for this".

Wardhyana

The guest really went through a lot of major events and the fact that she still is really inspiring. Her advice was simple but yet can be hard to do in real life. Thank you for the sharing this story with us!!

Zhy Ying

Session Feedback: Grit & EQ

Having professionals/experts talk about the topic is really easy to understand. Things that have thought to be very complicated, they can easily and simply explained them to us. Moreover, they opened up my eyes on alot of ways where we somehow do have control over our mindset and how to manage things we thought we cant, like stress and pressures.

Jakelyn Sim

This is the second session that I had with Mr Shaun and I have to say that Mr Shaun had chosen the right topic for both sessions. Topics that are actually important especially for the young generations nowadays, because it is so relatable.

Nurul Amalina Ashikin binti Ali

What were some of the key takeaways for you from today's workshop? (Highlights / Favorite Story / Aha Moments etc)

Your story regarding the house fire. it makes me realize how healing process works. Healing is full of ups and downs, and sometimes it can happen in the ways of we didnt expect.

Elissa

One key area that I learned was when problem is thrown upon us, it's up to us how we react to the problem. It could be either we be defeated or... we thrive to make a come back.

Kua Wei Shem

Everything about the day was a highlight. From the moment the speakers start introducing themselves, the good energy and vibes never changes throughout the day!

Jakelyn Sim

It encourages me go out of my comfort zone and slowly out of my safety bubbles, learned that I shouldn't be comfortable with what I have now
Nur Husnina binti Ibrahim

What are your feedback on the Interview Session with Guest?

The guest made it easy to understand what is EQ and even gave an example for a better understanding

Zhy Ying

Session Feedback: Professionalism

Listening to her thoughts on professionalism made me realise that there are things that i've done in the past are actually considered to be unprofessional. I like her advice on professionalism starts at day 1 and to keep our standard. I will forever keep that in mind.

Salwa Binti Mohammad Sofri

Session Feedback: Money

My Favorite quote: "Don't have to be smarter than the rest, we just have to be DISCIPLINED".

Salwa Binti Mohammad Sofri

What would you tell your friends about the workshop?

It is one of a kind. I really enjoyed attending every sessions, and I am grateful that I had the opportunity to enhance my knowledge from all of the interesting topics presented by Shaun and guests. It is worthwhile.

Salwa Binti Mohammad Sofri

The workshop in a way helps us to survive reality, it gives us ideas on how to deal with hiccups in life.

Nurul Salehah Yusni

The workshop provides ways and teaches you how to deal with and respond to adversities, which you don't get to learn in a classroom or in university.

Wardhyana

I would tell them that the workshop actually helped me with my mindset and the understanding of my emotion. Eversince i joined the workshop, the way i used to think change 180°. My point of view has changed now on how of viewing other.

Nurafiqah @ syasya binti abdullah asmalina

Very good workshop in which the topics delivered are not taught in class!

Hj Mohd Fadzillah Bin Hj Abdullah

Session Feedback: Entrepreneurship

Very interesting and engaging. Initially, I just go there just to get it over with but the longer im in the session i found myself very engaged and looked forward to learn more in the next upcoming sessions.

Muhammad Riyan

It was an eye opener because I've realized how difficult it is to open up my own business. I learnt that one does not need to have their own business to be an entrepreneur but they can be entrepreneurial. It was interesting and a life lesson to absorb . The invited speaker also have an interesting point where he learnt the foundation of a business when he was working in a supermarket and how it started from nothing and now he is a ceo. Anything is possible and skills and experience are crucial in the learning process.

Michelle Kong

It was fun and interesting to hear from someone who had went through the real process of being an entrepreneurship, unlike school lecturer who just taught us theory of business which do not really apply to real life situation. Overall it was an unforgettable experience.

Nyau Zhi Fei

What were some of the key takeaways for you from today's workshop? (Highlights / Favorite Story / Aha Moments etc)

Being an entrepreneur requires a lot of dedication and mental preparation. Though we fail once, there are many more opportunities out there to be explored. And as an entrepreneur, it is important to understand about business sustainability in and out.

MUHAMMAD NUR AFIQ IZZUDDIN BIN ABDUL MUJIIB YAHYA

My favourite story is when Masrhiem Taufik shared us his childhood story of starting from the bottom, for example, working in a convenience store. Although working in a small shop, he is able to learn how to operate a store by experiencing it himself. This actually taught me that no matter how much knowledge we learnt at school, experience is the best classroom.

Nyau Zhi Fei



Participants Feedback on Virtual Classes

August (Week 2,3,4)

How would you rate the quality of the workshop?

- Excellent 35%
- Good 59%
- Average 6%

Would you recommend this workshop to your friends?

- Yes 76%
- Maybe 24%

Virtual Feedback | Entrepreneurship

I prefer Virtual Classes because we became the teacher as well! = more engagement

Nur Qamelya Bte Mohd Rafee

We went to the physical session with not much understanding of the topic compare to virtually as we have to prepare beforehand

MOHAMMAD HAFEEZUL WAEZZ BIN RABU

What would you tell your friends about the virtual workshop?

This workshop is different than what we study in uni, definitely more fruitful and interesting that we actually need in life. it gives useful tips and definitely gives guidance on serious life decision, such as starting up a business, leadership, sales, creativity etc. it is interactive and it brings people from different areas that we can learn from.

Michelle Kong Xie Ting

Learning in an interactive way! I will drag them to join!! And they will know for sure how fun the workshop is!

Fatin Aimuni binti Hj Suffian

What had been your favorite part about this virtual experience?

I don't know where to begin because all was great 😊 From the first start, when i saw the presentation slides i knew its gonna be interactive and fun for sure, its not a lecture like itll might make me lose my attention but this one was definitely awesome! Not to mention the guest! So motivating it made me want to achieve that too start up a business and even become the Chairman of Petronas! It was really amazing and inspiring! All the words i just said is all understatement 🤔 I really loved it

Fatin Aimuni binti Hj Suffian

I think my favorite part was the behind the scene of discussing and preparing for the presentations. It was nice to interact with others and get to hear their understanding.

Nur Afiqah Hamizah Binti Mohamad Zaidi

We are able to do presentation and share videos through share screen which is convenient and interactive while staying at our own comfort. I do enjoy that everyones' effort is being put onto this as well, it is more two-way which I personally like. I also like invited guests that shared their stories and tips as it really is an eye-opener and we don't get this type of real-life knowledge and experience in lectures.

Michelle Kong Xie Ting

My favorite part is the presentation because we share with others groups, and we get to do our presentation in our own way and sharing session with the guest.

Kartina Aneza anak Abu Jani

What have been the key takeaways from the Webinar? (Highlights / Favorite Story / Aha Moments etc.

I would say the opportunity to hear Brunei based entrepreneurs succeeding here. I rarely hear stories or know stories of individuals achieving success in Brunei.

Muhammad Riyanulaiman bin Mohammad Yazid

I have two fav session, one is the Dont be an Entrepreneur, i still remember every single thing about the module that day ive been telling my friends dont be an entrepreneur and explaining things because it was that memorable. And another one was the Chairman of Petronas. I have always dreamed to be as successful as Mr MO! So it was really motivating and I really hope that I can achieve what he has achieved, even better!

Fatin Aimuni binti Hj Suffian

Indeed the virtual workshop is useful and unique as it changes on how you view things in life, either it might related with personal view, career, employment and etc. (Totally encourage everyone who's lack of motivation to learn and explore different ways of learning to join PSOL Workshop to increase their interest, ideas and processes)

Nur Afiqah Hamizah Binti Mohamad Zaidi

Shaun said all these things can be learnt and done on our own actually but you might need it to get your engine ready for future independent learning process

MOHAMMAD HAFEEZUL WAEZZ BIN RABU

What are your feedback on the Interview Session with Guest? (please state the guest's name / session)

Inspiring is understatement! I love it! is also understatement. Its beyond words, I enjoyed all but my personal fav was Dr MO! I really enjoyed it I wish we had more! It might be bias because I want to be like that too but i love that session so much 🙏

Fatin Aimuni binti Hj Suffian



Participants Feedback on Virtual Classes

September (Communications)

How would you rate the quality of the workshop?

- Excellent 56%
- Good 35%
- Average 9%

Would you recommend this workshop to your friends?

- Yes 90%
- Maybe 10%

What would you tell your friends about the virtual workshop?

They should join because its an opportunity for them to get themselves out of their comfort zone .Once they join they will definitely want to join Petronas School of Life again because here they may learn something that they never learn or heard before and even experience how its actually to get communicating with someone they dont know and for me now .To talk with someone we dont know is not a big issue for me anymore and its all taught by Sir Shaun hehe ..

HAJI ABDUL WA'IZ BIN HAJI SAIDIN

This workshop is not just to learn it, it also adapts to our lifestyle

Abdul Wafi Bin Abdul Walid

It really help you to gain more knowledge outside the school

Muhamad Malik Bin Muhammad Zailani

It will help them a lot in terms of gaining those confidence, and will definitely gain new knowledge. On top of that, they'll get to meet and work with new people.

Muhammad Hilmi Sanif bin Abdullah

What had been your favorite part about this virtual experience?

I've learnt so much about myself and what I lack, it guided me in order to become someone to be able to think for himself without about other people

Muhamad Malik Bin Muhammad Zailani

The fact that I get to practice my communication skills every week would be one of my fav virtual experiences. Aside from getting to hear stories and sharing session from everyone, and the guest speakers. And get to meet new people.

Muhammad Hilmi Sanif bin Abdullah

We can learn something from the participants and invited speaker's and to know them well even we didnt meet each other in real life. But we get the point of their presentation and some of them is eye opening for me

Nur At-Thahirah Binti Mohd Jamal

What have been the key takeaways from the Webinar? (Highlights / Favorite Story / Aha Moments etc)

Meeting and talking to famous and successful people and listen to their stories

Mohammad Syafiq Syazmeruddin Muqhriz Shah bin Mohamed Ishak

A lot actually! I gained so much from just a session. How to be confident, how to learn people from a psychological perspective, how to improve myself as a communicator. It was an eye-opening indeed. There are certain things that I didn't know that could be done and applicable for myself.

Muhammad Hilmi Sanif bin Abdullah

All of these great topics from networking, relationship, public speaking and etc is under self-esteem which i believe it makes me 1 level ahead than before in self-esteem. It is true what Fisha has taught us that in order to become better is self-esteem, we need to intern ourselves in programmes such as petronas school of life is very recommended.

NAZIRUL SYAHMI BIN SUFFRY

Importance of to get connected with everyone and just speak confidently every time you feel you are not .Exploring and trying something new ,most importantly push ourself from our comfort zone !

HAJI ABDUL WA'IZ BIN HAJI SAIDIN



Participants Feedback on Virtual Classes

October (Success)

How would you rate the quality of the workshop?

- Excellent 79%
- Good 21%

Would you recommend this workshop to your friends?

- Yes 90%
- Maybe 10%

What would you tell your friends about the virtual workshop?

Join! You wont regret it.

Dk Nur Qayyimah bte Pg Hj Kamaludin

This program will boost your confidence, broaden your mind, and give you better experience especially in communication skills. Most importantly, you will get to meet and interview successful people and benefits from them!

Nabilah Ulfah binti Hj Jopry @ Hj Md Mujiburrahman

its very fun and give us the chance to speak out more especially on doing presentations and practice speaking and interviewing amazing people. Also, we got to meet amazing people that are usually seen on social medias/news/tvs etc

Dayang Hajah Yumni Syakirah Binti Awang Haji Othman

You can gain a lot of knowledge and a lot of experience eventho the topic looks familiar but guess what, it will go beyond your expectation and also since you guys invite other foreign speakers which makes the virtual workshop more fun and exciting!

Hj Muhd Nur Yusry bin Hj Mat Jali

You can discover new interesting topics, some related videos from YouTube, open up my eyes to see things with a bigger picture, increase my confident level, boost up my spirit also motivation to do things we loved, change our perspective to positivity and being a better version of ourselves

Dayang Nurul Rasyiqah binti Rosli

It will change you a lot!! To be a great thinker of course

Siti Majidah binti Rahim

What had been your favorite part about this virtual experience?

I get to work with a great team, do the background work and the interviewees are amazing.

I like the part when students are really learn how to conduct real interview themselves. I like the part when you ask the student to self initiate to create their own group and do their own bonding and homework. Keep it that way. It's effective

I think the best Petronas staff I worked with so far is Nisya. Second is Nurlismah. Nisya was super helpful in contributing ideas and doing the homework

Ahmad Faisal

Zumba Class and Mental Health topics. It really an open eye sharing session for me and make me boost up my motivation and self-development.

Dayang Nurul Rasyiqah binti Rosli

Doing the experiment on Happiness: Share the video to the person that we make on topic "who's the person who inspires you?"

Farah Hazwani binti Haji Suhaili

Discovering and experiencing to meet successful people

Nur Izzah Amalia Binti Malik Iskandar

Just the overall experience and knowledge that was presented. How the interaction between Petronas staff and participants were easy going, but still very knowledgable. A great and unforgettable time.

Dk Nur Qayyimah bte Pg Hj Kamaludin

I was able to meet amazing and wonderful people and hear their stories!

Dayang Hajah Yumni Syakirah Binti Awang Haji Othman

My favourite part is when we co-interviewed, we can directly ask questions that we curious to ask about.

Hj Muhd Nur Yusry bin Hj Mat Jali

I really love that we get the opportunity to meet and interview success people.

Nabilah Ulfah binti Hj Jopry @ Hj Md Mujiburrahman

Highlights will be the task given to us to write about the person that impacted us in our life and to give them a call. It is so interesting as I can learn the meaning behind it and to reflect on our topic more on happiness. But all of sessions that I am able to attend was so very interesting as we can talk and share our point of view. :)

Filzah Haziqah Binti Chuchu

I actually love all session, but I'd say its GRATITUDE on week 2. I love how we were assign to write down short essay about someone that influence our life and get the chance to show them our gratitude. It helps to enhance our confidence , and learn to normalize thanking people. Most importantly, we can make someone's day happy with that gratitude. I also love that we get the opportunity to do some exercise with Tiffany. It gives me motivation to be healthier.

Nabilah Ulfah binti Hj Jopry @ Hj Md Mujiburrahman

Maybe the story telling moments. Or when shaun ask participants about the experiences, getting another perspective and hearing peoples stories were intriguing.

Dk Nur Qayyimah bte Pg Hj Kamaludin

I'm very amazed and inspired by all the influencers, like how they manage to get in their position right now. I'm attracted to Reese, as she started from scratch, now she's a big icon. I love it.

Nur Afiqah Syahirah binti Hj Shahri

Health has been the most important part for me and it tought me more about our wellness and how we can take care of ourselves.

Muhammad Danial bin Maarof

The last session is my favourite one because there are lots of amazing stories and insights which inspire me in a lot of ways and especially give me the ideas of life to a bigger picture. They gave me so much things to think about what should I do next so that my life is worth living. My favourite moment was during the happiness week because I got to share my essay experience and spoke what's on my mind about it. It felt very nice to be heard and it turned out to be one of the most memorable thing that i did because I couldn't believe myself that i am able to deliver my meaningful essay to them.

Farzana Azman

I definitely love the videos that shaun prepared for us to watch, the most is the Who Moved My Cheese video, its just i feel very awestruck after watching that video HAHHAHA then the second week about happiness, i learned that making other people happy makes us happy too!! i love the experiment shaun asked us to do on writing an essay and calling the person to read the essay to him/her eventhough i was shy HAHA then came the third week on health THE ZUMBA WAS AMAZINGGGG, it was my first presentation for PSOL and i was satisfied with it and the final week kinda makes me sad because its gonna be the final friday that im gonna learn new beneficial things from and last meeting with shaun and amazing guests but one thing that really taught me on the latest session from reese, our interviewee, is that we are capable of helping people around us and that is very amazing of reese!! and i had my whole team to do the presentation (though one of them cant since she has wifi problem) but i was grateful nevertheless! and shaun thank you for making my fridays for four week beneficial you're the besttt!

Dayang Hajah Yumni Syakirah Binti Awang Haji Othman

What had been your LEAST favorite part about this experience?

There was only 1 session per week :(

Dayang Hajah Yumni Syakirah Binti Awang Haji Othman

Links for Survey Responses:

- Physical Classes
 - [June & July](#)
- Virtual Classes
 - [August](#)
 - [September](#)
 - [October](#)

More Information:



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