

NAME OF PROGRAMME : LEADERSHIP & MOTIVATION
VENUE : UMS KK, SANDAKAN, TAWAU
FEE : RM150.00 / Person

PROGRAMME OVERVIEW

This program will help you to. Get the most from your team through effective team management and motivation. Learn how to recognize Different leadership styles and identify when they are used to best effect. Discus a range of motivation techniques and understand how and why groups change so that you can manage the different roles within tour team.

PROGRAMME CONTENT

- Motivational management theories / Exercise
- Performance management
- Practical hint and tips on Motivation Leading Your Team
- Leadership Techniques
- Analyzing your style
- The stages of team development
- Where is your team? An exercise.
- Using individual strengths and weaknesses

DURATION : 1 Day

TARGET GROUP : Supervisors and Managers

LEARNING METHOD

- Discussion
- Lecture
- Case studies

FACILITIES

- Basic writing materials
- OHP and screen
- White board and flip chart
- All course material will be provided

MEDIUM OF INSTRUCTION : English

PROGRAMME CERTIFICATION : Certificate of participation

NAME OF PROGRAMME : PRACTICAL EVENT MANAGEMENT
VENUE : UMS KK, SANDAKAN, TAWAU
FEE : RM 150.00 / person

PROGRAMME OVERVIEW

This program will help you to. Gain expert knowledge on how to make every event a success. This program reviews procedures and practices that will increase customer satisfaction and overall. Take away practical suggestion you can put to use immediately to help make running successful event simpler.

PROGRAMME CONTENT

- Knowing your customer
- Communicating with others
- Planning an event timetable
- Gaining customer feedback
- Action Planning

DURATION : 1 Day

TARGET GROUP : Management staff

LEARNING METHOD:

- Discussion
- Lecture
- Case studies

FACILITIES

- Basic writing materials
- OHP and screen
- White board and flip chart
- All course material will be provided

MEDIUM OF INSTRUCTION : English

PROGRAMME CERTIFICATION : Certificate of participation

NAME OF PROGRAMME : SALES TECHNIQUES
VENUE : UMS KK, SANDAKAN, TAWAU
FEE : RM 150.00 / Person

PROGRAMME OVERVIEW

This programme will help you to. Make the most of sale opportunities and increase your bottom line. This one day programme covers basic sales techniques, telephone sales techniques and negotiation skills. You` II be able to identify potential opportunities to increase revenue as learn the best ways to `close the sale` after attending this course.

PROGRAMME CONTENT

- Describe way selling is an important part of your role
- Describe different methods of raising the profile of your products and give examples of how you would implement these in your own work place
- State the key elements of successful selling and describe the approach you would use to close the sale
- Describe how you would overcome objection in a sale situation and negotiate a satisfactory conclusion
- Explain the role of product knowledge and effective question techniques when up-selling and selling add-ons
- Explain how you would measure the success of you sales approach and develop future sales

DURATION : 1 day

TARGET GROUP : Sales & Marketing staff

LEARNING METHOD

- Discussion
- Lecture
- Case studies

FACILITIES

- Basic writing materials
- OHP and screen
- White board and flip chart
- All course material will be provided

MEDIUM OF INSTRUCTION : English

PROGRAMME CERTIFICATION : Certificate of participation

Behavioral symptoms

Behavioral symptoms include :

- Increased consumption of alcohol, tobacco, food, etc
- Loss of appetite or excessive eating
- Restlessness
- Loss of sexual interest
- A tendency to experience accidents

MEASURING STRESS

A physiological assessment of stress would include measurements such as heart rate, blood pressure, respiratory rate and skin conductance. Psychological as well as physiological attempts have been made to measure stress. One example is the social Readjustment Rating Scale (SRRS) of Holmes & Rahe (1967)

STRESS IN THE INDIVIDUAL

Personality types

Friedman & Rosenman (1974) described a personality type which is particularly associated with coronary heart disease. This type was characterized by a tendency for the individual to:

- Drive himself to achieve goals one after another
- Have spirit of fierce competitiveness
- Create programme filled with deadlines
- Perform activities as fast as possible
- Be excessively alert
- Have a constant need to be recognized

The topics will be related to those conditions from which group members are suffering and may include some of the following:

- Anxiety, panic
- Depression
- Substance dependency e.g. tobacco, alcohol, tranquillizers
- Life crises ,e. g. bereavement
- Life changes, e. g. menopause
- Eating disorders, e. g. bulimia, anorexia
- Insomnia
- Hyperventilation
- Stress- related physical disorders

USEFUL TIPS FOR STRESS MANAGEMENT

- HAVE FUN IN LIFE
- EXPRESS YOUR FEELING
- MOVE YOUR MUSCLES
- GET GOOD SLEEP
- LEARN RELAXATION TECHNIQUES
- DO MEDITATION
- DEVELOP GOOD RELATIONSHIP
- EXPERIENCE LOVE AND AFFECTION
- PARTICIPATE IN COMMUNITY WORKS
- TAKE CHARGE OF YOURSELF

WORKSHOP ON STRESS MANAGEMENT

Stress is a daily experience, but when it exceeds one's limit it needs to be considered. The concept of stress in relation to the living organism was studied by Selye (1956). His work showed that when a body is subjected to a challenging stimulus, a characteristic response occurs. Selye identified three stages:

- Alarm
- Resistance
- Exhaustion

Cox & Mackay's model introduces the idea of perceived coping powers as a factor governing the resulting stress. If an individual perceives his ability to cope as weak, and sees environmental demands as heavy, the level of stress he experiences will be high. If his self-perceived coping power is, then those same demands may be readily tolerated and the level of stress experienced will be comparatively low. The environmental demand may, however, be too low, so low that stress arises from boredom. Individual's perception of environmental demand is matched by his perceived coping ability, a state, of balance can be said to exist.

It is clearly desirable for the individual to operate in situations where demands and coping skills are balanced. Establishing and maintaining that balance may involve regulating his exposure to the stress. Alternatively he could reduce his anxiety levels and increase his coping ability.

SYMPTOMS OF STRESS

Stress is associated with physiological symptoms, characteristic of sympathetic nervous system activity. These symptoms relate to the fight/ flight response and are summarized below, together with the psychological symptoms of stress, both the subjective (how a person feels) and the behavioral (how a person acts), although there are some overlap in these areas.

The symptoms vary among individuals of the differing sensitivities of organs to the experience of stress

Physiological symptoms

These comprise :

- Raised heart rate
- Increased blood pressure
- Sweating
- Raised blood coagulation rate
- Increased ventilation
- Raised blood glucose level
-

Subjective symptoms

These include :

- Tiredness and / or difficulty in sleeping
- Muscle tension particularly in neck and shoulder muscles
- Indigestion, constipation, diarrhea
- Palpitations
- Headache
- Difficulty in concentrating and a tendency to worry
- Impatience, feeling irritable and easily roused to anger

NAME OF PROGRAMME : TRAINER'S TRAINING
VENUE : UMS KOTA KINABALU
FEE : RM150.00 / Person

PROGRAMME OVERVIEW

You will be able to identify and evaluate effective training skills / methodology, establish and facilitate well-planned training situations and make presentations with greater confidence.

PROGRAMME CONTENT

1. Basic training concepts

- * Explain the Basic Training Concepts.
- * Develop a session plan systematically.
- * Conduct a systematic training session based on their application of:
 - * Learning process
 - * Assessing training needs
 - * Writing training objectives
 - * Selecting training aids
 - * Selecting instructional strategies structuring and planning

2. Participate Training Concepts

- * Explain the behavior of learners as individuals and groups and the different types of trainer styles
- * Conduct lessons using appropriate questioning techniques and training styles based on their application of:-
 - Introduction to participative learning
 - Trainer as an administrator
 - Managing learners and learning groups
 - Trainer styles
 - Communicating skills
 - Questioning techniques and presentations

3. Course Review and Evaluation

- * Relate acquired knowledge / skills to their individual and course objectives
- * Evaluate the course

DURATION : 1 day

TARGET GROUP : Trainers & Supervisors

LEARNING METHOD : Discussion, Lecture, Case studies

FACILITIES

- * Basic writing materials
- * OHP and screen
- * White board and flip chart
- * All course related materials will be provided

MEDIUM OF INSTRUCTION : English

PROGRAMME CERTIFICATION : Certificate of Participation

TEAM BUILDING PROGRAMME

DAY 1

TIME	ACTIVITY
7.30 am	Arrival of Participants
7.45 am	Briefing Do`s & Dont`s during the programme
8.00 am	Light Physical Training
8.45 am	Breakfast
9.30 am	Ice Breaking
10.30 am	Activity 1 : Ropes Course, Flying Fox, High Ropes
12.30 pm	Lunch
1.45 pm	Activity 2 : Jungle Trekking
3.30 pm	Tea Break
4.00 pm	Activity 3 : Water Rafting
5.30 pm	Programme End

DAY 2

TIME	ACTIVITY
7.30 am	Light Physical Training
8.15 am	Breakfast
8.45 am	Rock Climbing Clinic
12.30 pm	Lunch
2.00 pm	Activity 4 : Basic Rock Climbing
4.30 pm	Tea break
5.00 pm	Programme End

DAY 3

TIME	ACTIVITY
7.30 am	Light Physical Training
8.15 am	Breakfast
9.00 am	Briefing
9.15 am	Activity 5 : High Rope
10.15 am	Morning Tea
10.45 am	High Rope
12.30 pm	Lunch
14.00 pm	Programme End

Fee : RM 250.00/pax

KEM *EASY MATHS* UNTUK MATEMATIK MODEN SPM

OBJEKTIF

- Meningkatkan peratus kelulusan subjek matematik moden pelajar sekolah seluruh Sabah.
- Meningkatkan kualiti pelajar sekolah seluruh Sabah bagi subjek Matematik Moden agar tidak ketinggalan jauh dengan kualiti pelajar sekolah di Semenanjung Malaysia.
- Meningkatkan daya saing pelajar sekolah seluruh Sabah dengan pelajar sekolah dari Semenanjung Malaysia untuk mendapatkan tempat di IPTA seluruh Malaysia.

SKOP DAN GOLONGAN SASARAN

Golongan yang akan dijadikan tumpuan dan sasaran untuk kem ini adalah para pelajar sekolah menengah kebangsaan (SMK) yang sedang belajar di tingkatan 4 dan 5 khususnya kaum bumiputera dan mengambil matapelajaran Matematik Moden sebagai sebahagian daripada jumlah subjek untuk menghadapi peperiksaan SPM.

KAEDAH *EASY MATHS*

Terdapat beberapa bab yang akan diajar :

1. Asas Nombor
2. Matriks
3. Set
4. Persamaan Kuadratik
5. Satah Pada 3 Matra
6. Persamaan Linear

TENTATIF PROGRAM

Hari Pertama

- 8.00 – 10.00 am Pengenalan dan Ceramah Topik Pertama
10.00 – 10.30 am Rehat dan Minum Pagi
10.30 – 1.00 pm Ceramah Topik ke 2
1.00 – 2.00 pm Rehat, Makan Tengahari dan Solat Zuhur
2.00 – 4.00 pm Ceramah Topik ke 3
4.00 – 4.30 pm Rehat, Minum Petang dan tamat hari 1

Hari Kedua

- 8.00 – 10.00 am Ceramah Topik ke 4
10.00 – 10.30 am Rehat dan Minum Pagi
10.30 – 1.00 pm Ceramah Topik ke 5
1.00 – 2.00 pm Rehat, Makan Tengahari dan Solat Zuhur
2.00 – 4.00 pm Ceramah Topik ke 6 dan penutup

Kadar bayaran untuk seorang pelajar adalah RM80.00 untuk kursus selama 2 hari termasuk modul soalan dan jawapan serta pemahaman yang jelas ketika ceramah dijalankan. Fasilitator akan memastikan semua pelajar memahami teknik yang diajar dari mula sehingga tamat kem ini.

KEM *EASY MATHS* UNTUK MATEMATIK TAMBAHAN SPM

OBJEKTIF

- Meningkatkan peratus kelulusan subjek matematik tambahan pelajar sekolah seluruh Sabah.
- Meningkatkan kualiti pelajar sekolah seluruh Sabah bagi subjek Matematik Tambahan agar tidak ketinggalan jauh dengan kualiti pelajar sekolah di Semenanjung Malaysia.
- Meningkatkan daya saing pelajar sekolah seluruh Sabah dengan pelajar sekolah dari Semenanjung Malaysia untuk mendapatkan tempat di IPTA seluruh Malaysia.

SKOP DAN GOLONGAN SASARAN

Golongan yang akan dijadikan tumpuan dan sasaran untuk kem ini adalah para pelajar sekolah menengah kebangsaan (SMK) yang sedang belajar di tingkatan 4 dan 5 khususnya kaum bumiputera dan mengambil matapelajaran Matematik Tambahan sebagai sebahagian daripada jumlah subjek untuk menghadapi peperiksaan SPM.

KAEDAH *EASY MATHS*

Terdapat beberapa bab yang akan diajar :

1. Geometri Koordinat
2. Fungsi dan Ketaksamaan Linear
3. Indeks
4. Fungsi Kuadratik
5. Persamaan Kuadratik
6. Logaritma

TENTATIF PROGRAM

Hari Pertama

8.00 – 10.00 am	Pengenalan dan Ceramah Topik Pertama
10.00 – 10.30 am	Rehat dan Minum Pagi
10.30 – 1.00 pm	Ceramah Topik ke 2
1.00 – 2.00 pm	Rehat, Makan Tengahari dan Solat Zuhur
2.00 – 4.00 pm	Ceramah Topik ke 3
4.00 – 4.30 pm	Rehat, Minum Petang dan tamat hari 1

Hari Kedua

8.00 – 10.00 am	Ceramah Topik ke 4
10.00 – 10.30 am	Rehat dan Minum Pagi
10.30 – 1.00 pm	Ceramah Topik ke 5
1.00 – 2.00 pm	Rehat, Makan Tengahari dan Solat Zuhur
2.00 – 4.00 pm	Ceramah Topik ke 6 dan penutup

Kadar bayaran untuk seorang pelajar adalah RM80.00 untuk kursus selama 2 hari termasuk modul soalan dan jawapan serta pemahaman yang jelas ketika ceramah dijalankan. Fasilitator akan memastikan semua pelajar memahami teknik yang diajar dari mula sehingga tamat kem ini.

"KEM MOTIVASI REMAJA"

"KEM MOTIVASI REMAJA" ini adalah program yang berteraskan cabaran dan juga pembelajaran di luar bilik darjah. Program ini diadakan untuk membina tingkah laku positif dan cara hidup yang sihat demi menyahut seruan negara untuk melahirkan pelajar yang berkeyakinan tinggi dan bermotivasi.

Hasil yang dijangkakan :

- Meningkatkan keyakinan diri.
- Mempelajari cara berkomunikasi secara berkesan.
- Mempelajari cara berkerjasama dalam aktiviti berkumpulan.
- Mempelajari untuk mengatasi kesukaran dan ketidakelesaian.
- Belajar berfikir dan membuat keputusan yang pantas

Yuran penyertaan adalah RM 200.00 seorang bagi saiz kumpulan antara 40-50 orang dengan kumpulan sasaran adalah remaja berumur 13 tahun dan ke atas.

TENTATIF PROGRAM (2 HARI 1 MALAM)

Hari 1

MASA

7.30 pg
8.00 pg
8.45 pg
10.00 pg
10.15 pg
10.45 pg
12.30 ptg
1.45 ptg
3.15 ptg
4.00 ptg
6.00 ptg
8.00 mlm
10.00 mlm
11.00 mlm

AKTIVITI

Peserta melapor diri / Pendaftaran / Sarapan Pagi
Senaman pagi
Suai kenal & pembahagian kumpulan
Minum Pagi
Taklimat aktiviti
Aktiviti 1 : Litar Tali Tinggi & Litar Tali Rendah
Makan Tengahari / Solat Zohor / Rehat
Aktiviti 2 : Navigasi Hutan
Minum Petang / Solat Asar
Aktiviti 3 : "Berakit"
Makan Malam / Solat Maghrib / Solat Isyak
Aktiviti malam - "Refleksi"
Minum Malam
Rehat

Hari 2

MASA

5.00 pg
7.00 pg
7.45 pg
9.00 pg
10.30 pg
11.00 pg
12.30 ptg
1.45 ptg
3.15 ptg
4.00 ptg
5.00 ptg

AKTIVITI

Bangun pagi / Solat Subuh
Senaman pagi
Sarapan Pagi
Aktiviti 4 : "Management Games 1"
Minum Pagi
"Management Games 2"
Makan Tengahari / Solat Zohor / Rehat
Aktiviti 5 : "Creativity Games"
Minum Petang / Solat Asar
Aktiviti 6 : "Creativity Games"
Penutup / Bersurai

INTERNATIONAL STUDENTS' FOUNDATION PROGRAMME (ISFP)

The International Students' Foundation Programme (ISFP) is a preparatory course to equip students for the Certificate of English Language Competency and Foundation Studies Examination that will enable them to continue their undergraduate or postgraduate studies at Universiti Malaysia Sabah. The course consists of 10 core modules which the students are required to pass, and they are : (1) Module One - Grammar Skills, (2) Module Two - Reading Skills, (3) Module Three - Writing Skills, (4) Module Four - Listening Skills, (5) Module Five - Speaking Skills, (6) Module Six - Research Writing in English, (7) Module Seven - Public Speaking in English, (8) Module Eight - Malay as a Foreign Language (Level I & II), (9) Module Nine - Malaysian Studies : Culture & History, (10) Module Ten - Malaysian Studies : Civilization

This programme will be conducted intensively for a total of 6 months encompassing 800 credit hours. The ISFP highlights English language skills at both introductory and intermediate levels. This programme focuses on each skill suitable for learners of English as Second or Foreign Language. The ISFP will also engage students in making meaning of the whole course by organizing language and other foundation studies thematically. Students will explore different aspects of similar yet contemporary themes for each skill. This programme will expose students to a variety of topics from general and scholarly knowledge to current issue. Students must successfully complete a total of 800 credit hours to fulfill the ISFP requirements. They will then be granted the Certificate of English Language Competency and Foundation Studies.

The ISFP strives to achieve the following objectives :

- To prepare international students for the Certificate of English Language Competency and Foundation Studies Examination.
- To expose students to a variety of language skills and other foundation study courses developed systematically through communicative-interactive exercises.
- To explore thematic links across the core strands (Grammar, Reading, Writing, Listening & Speaking) allowing the recycling of vocabulary and grammatical structures.
- To discover high-interest topics, stimulating students imagination and encourage critical thinking and personal expression.
- To help build, develop and improve students proficiency in English and simultaneously achieve both accuracy and fluency in the language.

Programme Duration

The IELP is offered once a year. The intake given below is aimed to enable international students to follow the ISFP course and later, sit for the examination before the first semester of every university session in UMS.

IELP SESSION ONE

Duration : 6 months
Session : 1st November – 1st May
Contact Hours : 800 credit hours

NAME OF PROGRAMME : EFFECTIVE MIDDLE MANAGEMENT
VENUE : UMS KK, SANDAKAN, TAWAU
FEE : RM 150.00 / Person

PROGRAMME OVERVIEW

To provide you with a programme of practical action which will help you achieve better productivity and performance in the management of people within your accountability.

PROGRAMME CONTENT

- Working with others
- How to achieve results through subordinates , influence your boss and colleagues secure their co-operation and to create a stable environment in other to achieve this, the following skills have to be developed
- Managerial leadership
- Effective communication
- Human relations in management
- Motivation and management
- Motivation and team-building
- Coaching and developing subordinates
- Where to I find time for all these?
- With so much pressure, it is easy to lose sight of priorities and to become less effective than is desirable. Effective time management will help the middle manager cope better with problems, and as a result maximize his / her time resource for improved efficiency and effectiveness.

DURATION : 1 day

TARGET GROUP : Management Staffs

LEARNING METHOD

- Discussion
- Lecture
- Case studies

FACILITIES

- Basic writing materials
- OHP and screen
- White board and flip chart
- All course material will be provided

MEDIUM OF INSTRUCTION : English

PROGRAMME CERTIFICATION : Certificate of participation

NAME OF PROGRAMME : BUSINESS STRATEGY AND POLICY
VENUE : UMS KK, SANDAKAN, TAWAU
FEE : RM 150.00 / Person

PROGRAMME OVERVIEW

The ultimate goal of this course is to teach you to think of your firm or business as a whole, rather than as marketing, finance, or operation. In particular, we will focus on how the organization interacts and adapts to its environment-competitive, societal and global-and on how it's various parts fit together to achieve a common objective. As such, this course is thought from the perspective of the general manager faced with identifying, making and implementing strategic business decisions. This course is not a problem-solving course. It is rather an opportunity and problem defining course and its domain is very broad. You are expected to synthesize and apply your knowledge of business theory, functional disciplines, and practical experience to identify and respond to organizational threats and opportunities within the context of the firm's strength and weaknesses and its external environment. Critical thinking is necessary for problem solving.

PROGRAM CONTENT

- How do you judge the effectiveness of a given strategy?
- How do economic, competitive, and societal forces affect a firm's strategic and financial performance?
- What factors might necessitate adjustment to a given strategy?
- What issues do managers face when trying to maximize their effectiveness at implementing a chosen strategy?

DURATION : 1 day

TARGET GROUP : Management staff

LEARNING METHOD

- Discussion
- Classroom lecturing
- Case studies

FACILITIES

- Basic writing materials
- OHP and screen
- White board and flip chart
- All course related materials will be provided

MEDIUM OF INSTRUCTION : English

PROGRAMME CERTIFICATION : Certificate of Participation

Admission Requirements

This programme is compulsory for students coming from countries where the National Language is not English. However, for students who have achieved a minimum score on one of the following English tests will not have to enroll in the International Students' Foundation Programme (ISFP).

ENGLISH TEST	MINIMUM SCORE
Test of English as a Foreign Language (TOEFL)	550 points (paper test)
Test of English as a Foreign Language (TOEFL)	350 points (computer test)
International English Language Test System (IELTS)	Score Band 6
Malaysian University English Test (MUET)	Band 3

Upon application, students are required to submit any internationally certified English Language Certificates such as TOEFL and / or IELTS (if any) together with their UMS application form.

Lectures & Activities

All lectures will be conducted in English by lecturers and invited speakers from relevant fields of expertise. The ISFP classes will be conducted from 8 a.m. to 8 p.m. daily, on weekdays. This programme will also expose students to field work, excursions, social gatherings and other interesting language and cultural activities which will allow them to use the target language extensively.

Programme Fee

The ISFP fee is USD 2,600.00 (RM9,880.00) excluding accommodation, transportation, library fee and other expenditures.

Living Expenses

The average cost for a student living on campus is estimated at RM2,000.00 per month which includes food, accommodation, transportation and personal expenditures

STRATEGIC MARKETING

PROGRAM OBJECTIVES

- Identify internal and external factors that affect your company's competitiveness
- Conduct customer research to satisfy customer needs better than competitors
- Leverage strengths with opportunity and overcome weaknesses and threats
- Develop a strategy frame that covers key components of competitive marketing
- Apply models to enhance marketing performance
- Write a winning Strategic Marketing Plan

PROGRAMME CONTENT

- Differentiating Marketing from selling
- Linking Marketing with Corporate Planning
- Winning Marketing battles need planning
- Planning strategically is as critical as SOS
- Evaluating Business Portfolio to assess strengths and weaknesses
- Assessing External Environment to identify opportunities and threats
- Determining issues that affect success
- Identifying Criteria for Success – your competitive edge
- Formulating goals – writing SMART objectives
- Building Strategy Framework with 8 vital components
- Translating strategy into action programmes : how and when
- Monitoring actively, responding proactively
- Setting deadlines with calendar of action programmes

NAME OF PROGRAMME : MANAGEMENT SKILLS
VENUE : UMS KK, SANDAKAN, TAWAU
FEE : RM 150.00 / Person

PROGRAMME OVERVIEW

- At the end of this programme participants will be able to achieve the following objectives :
- Understand that the authoritarian style of leadership will only work in special circumstances and make improvement in working towards a more participative leadership style.
 - Spend more time `managing` and less time `doing`.
 - Use decision-making techniques to arrive at sound judgments that have a positive impact on business results.
 - Use the action planning process to implement important work improvements.
 - Delegate important work to your team members to develop and motivate them.
 - Develop and successfully use a system of control by exception.

PROGRAMME CONTENT

- The challenge of Management Leadership
- Leadership with Effectiveness
- Planning for Success
- Delegating and Empowerment
- Teamwork and Team
- Getting the Right Results

DURATION : 1 day

TARGET GROUP : Management staffs

LEARNING METHOD

- Discussion
- Classroom lecturing
- Case studies

FACILITIES

- Basic writing materials
- OHP and screen
- White board and flip chart
- All course related materials will be provided

MEDIUM OF INSTRUCTION : English

PROGRAMME CERTIFICATION : Certificate of Participation

Introduction

UMS Link Centre for Professional Development (UCPD) was established on the 1st April 2007 with the mission to become as a centre to provide short course programme to the public and also to become as a well-known centre for the outdoor programmes in the country.

Objectives :

1. To become as a centre for short course programmes.
2. To become as a centre for outdoor programmes.

The management of UCPD is directly under UMS Link Holdings Sdn. Bhd., a company fully owned by Universiti Malaysia Sabah.

The short course and outdoor programmes were designed to enhance people's working skills and also to motivate themselves to succeed. Beside that, the programmes were also designed to improve their confidence level.

For inquiry and application, please contact :

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**UMS Link
Centre for Professional Development
(UCPD)**

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