



**PUAN RAFIDAH  
SADARUDIN**

PEGAWAI PSIKOLOGI  
HOSPITAL SULTAN ABDUL AZIZ SHAH




**ENCIK MOHAMAD  
ASHAARI AWAB**


PEGAWAI PSIKOLGI  
BAHAGIAN KAUNSELING UPM



Anjuran :  
Seksyen Latihan  
Pejabat Pendaftar  
Universiti Putra Malaysia




 UniPutraMalaysia

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PERTANIAN • INOVASI • KEHIDUPAN

**B**ERILMU **B**ERBAKTI  
WITH KNOWLEDGE WE SERVE I

# HOW ARE YOU FEELING TODAY?



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# ASKBI

**A- Awal pada Masa**

**S- Senyum, Salam, Sapa, Sahabat**

**K- Komitmen 100%**

**B- Bermain, Bukan Main Main**

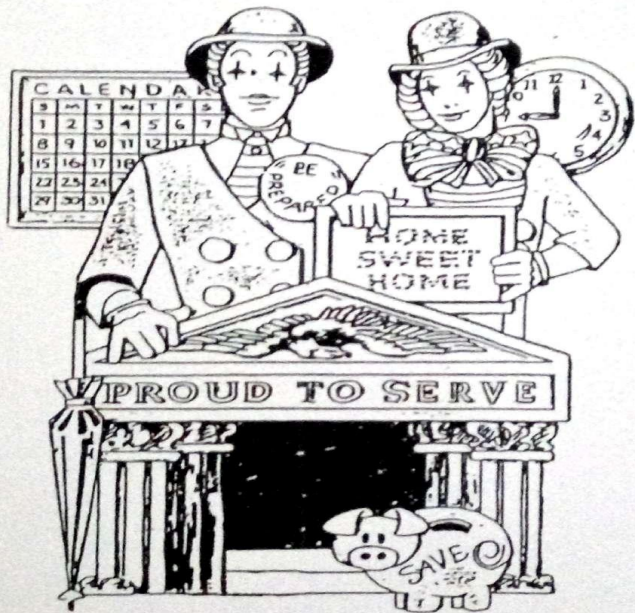
**I – Ikut Arahkan**





# Kisah Pak Maon





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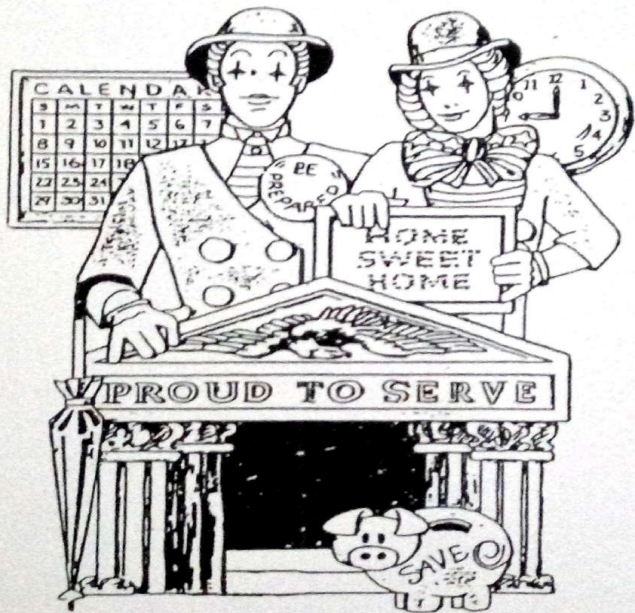


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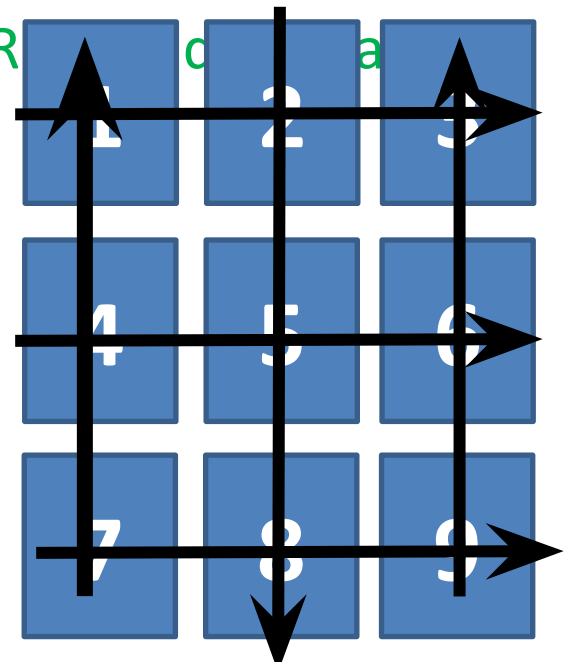
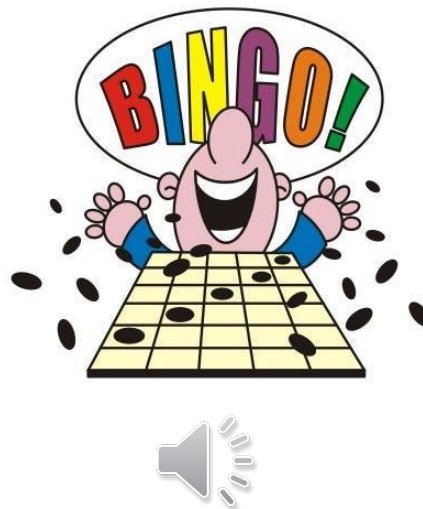
# GROUP WAR CRY

RARI TV



- Dapatkan 9 helai kertas A4 dan Pen Marker
- Tulis nombor 1 hingga 9 (satu kertas A4 satu nombor)
- Pegang dan Susun kertas A4 3x3 dan pastikan Semua hasil tambah adalah 15.
- Ambil gambar kumpulan kecil (pastikan semua ada di dalam

nbar ke melalui QR





**2 7(4) 4(2) 2 2 7(3) 4(3)**

**2 9 2 2(2)**



**7(3) 2 3(3) 4(3) 3 2 4(2)**

**7(4) 2 3 2 7(3) 8(2) 3 4(3) 6(2)**

**7 3(2) 4 2 9 2 4(3)**

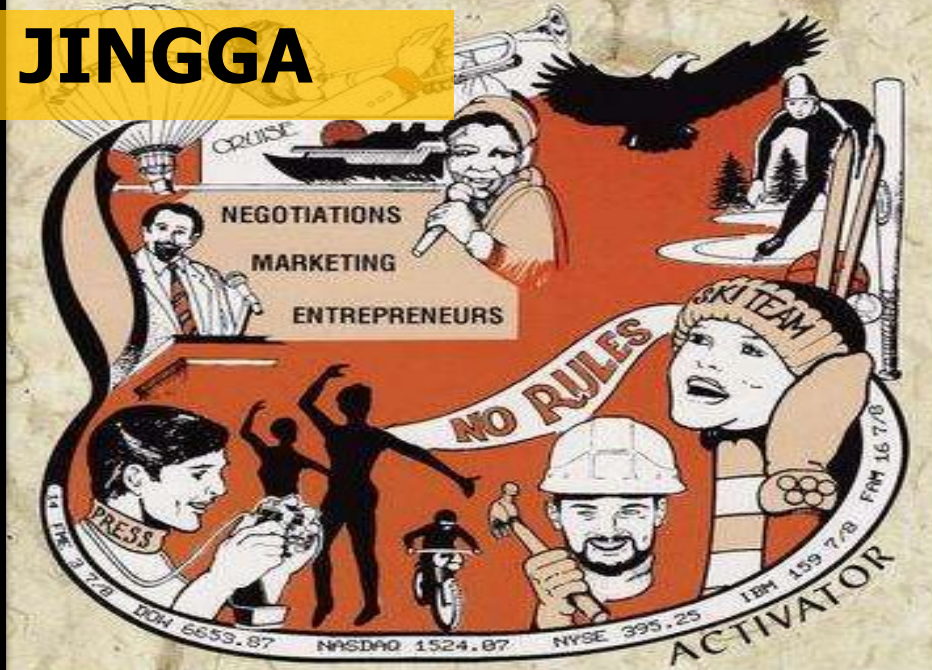
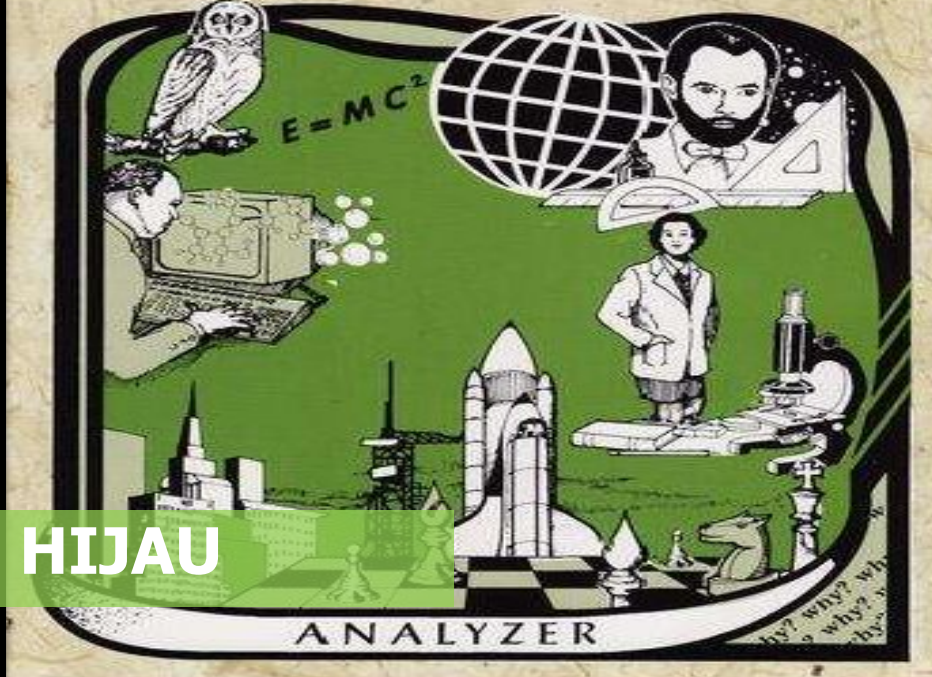
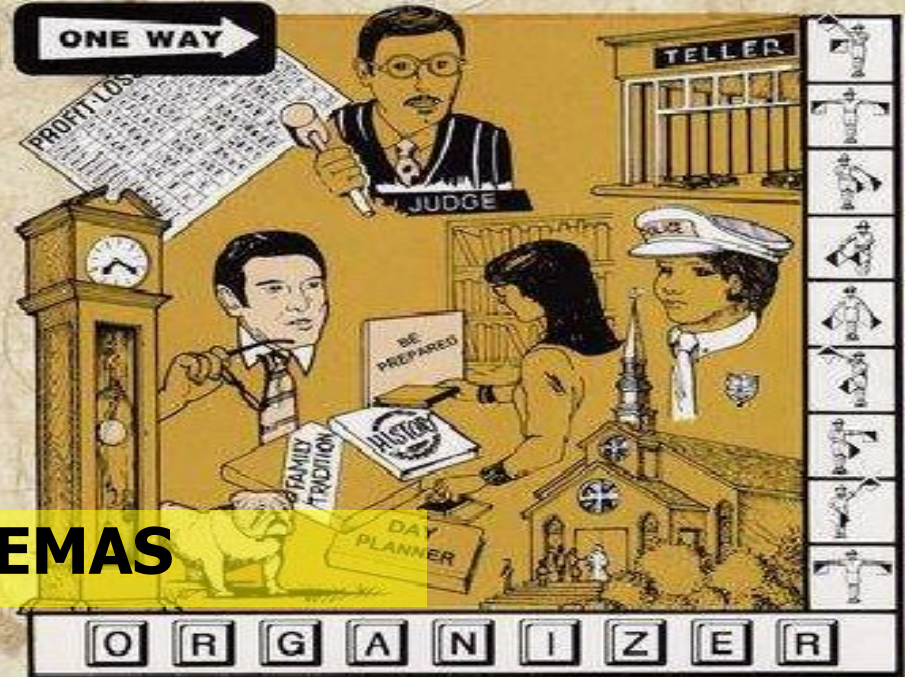
**5(2) 2 8(2) 6(2) 7(4) 3(2) 5(3) 4(3) 6(2) 4**

**5(2) 2 8(2) 6(2) 7(4) 3(2) 5(3) 6(3) 7(3)**

**8(2) 7 6**

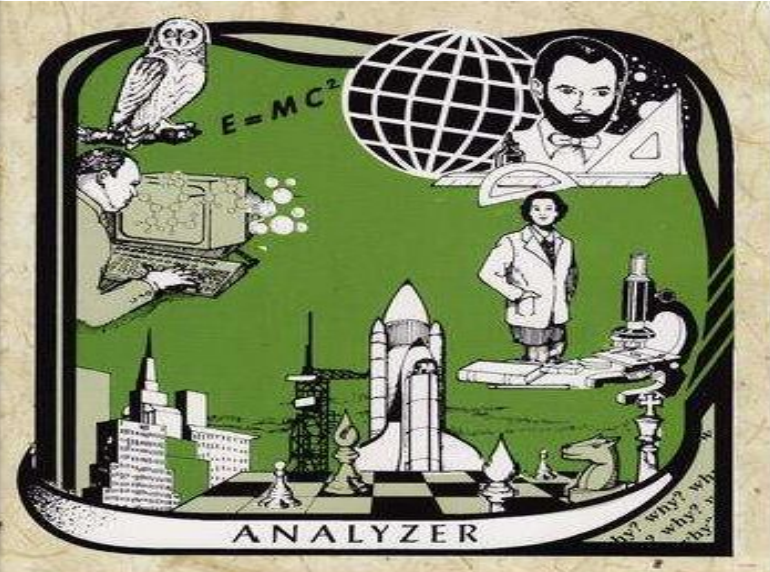
# Personality

Thematic  
Need Trait  
Relationship  
Type  
Aperception  
Motivational  
Workplace  
Inventory:200  
Occupational  
Profiler  
Extraversion  
Value  
Interpersonal  
Introversion  
Aggreableness  
Tests  
Preferences  
five  
Customer  
personality  
Orientation  
PTI  
Test  
Inventory  
Centricity  
Oil  
Verbal  
Sociability  
WPI-Pro  
Interest  
Self-confidence  
Profile  
Sales  
Interests  
Questionnaire  
SP-3D

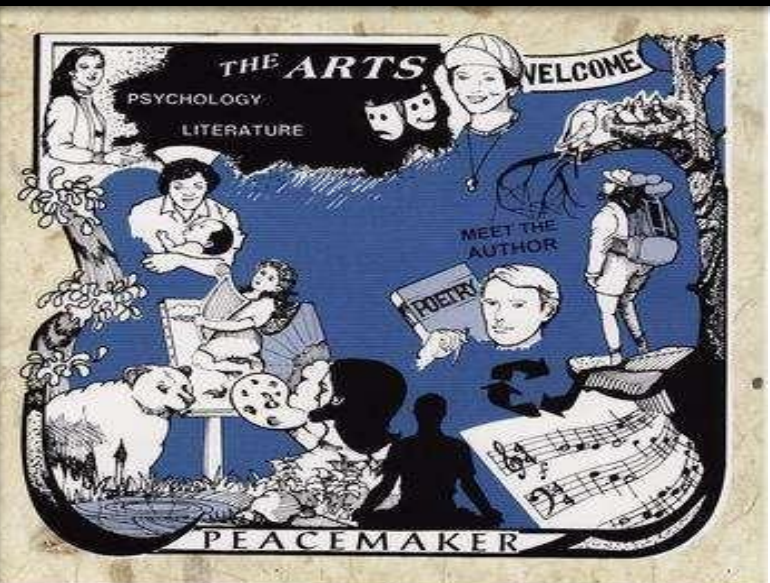
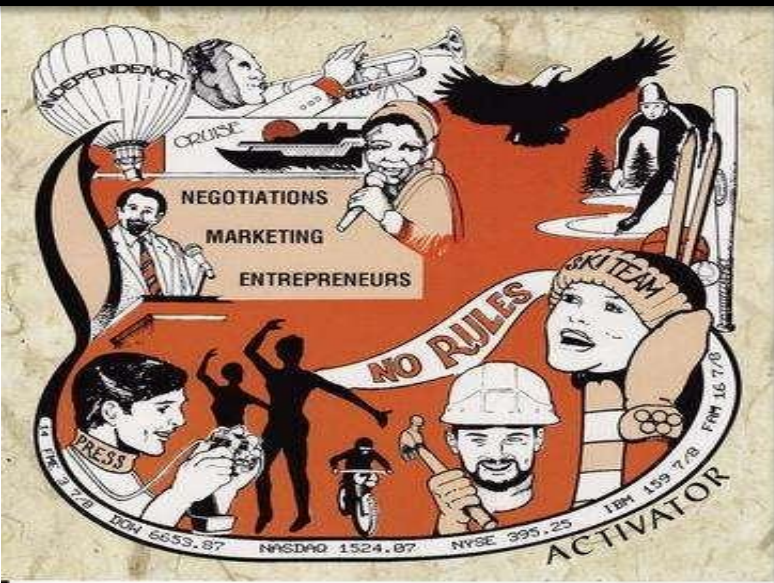


# AKAL

EKSTROVERT



INTROVERT



# PERASAAN

CONVENTIONAL

## APA YANG DIPERLUKAN

Ada rancangan

Konsisten

Peraturan

Tanggungjawab/Tugas

Keselamatan

Bertanggungjawab pada

diri&orang lain

# PLANNER

**Bertanggungjawab**

**Setia**

**Teratur**

**GOLD**

**Pemikir**

**Berinovasi**

**Berpandangan Jauh**



**APA YANG DIPERLUKAN**

- Kecekapan
- Maklumat / Penyelidikan
- Masa untuk Berfikir
- Kemahiran
- Kejayaan
- Cabaran Minda
- Ruang Kreatif

LOGICAL DAN ANALYTICAL

**THINKER**

**HIJAU**



# BIRU CONNECTOR

COMPASSIONATE



belas kasihan

Ikhlas

## Mesra

### APA YANG DIPERLUKAN

Menjadi sebahagian dp tim

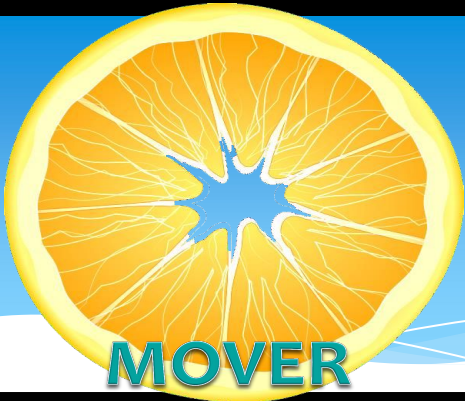
- Penerimaan
- Kepastian
- Difahami
- Didengari
- Ruang membantu
- Berkawan
- Berhubung
- Ruang Perkembangan diri

# JINGGA

Aktif

Gembira

Menarik



**COURAGEOUS**

**APA YANG  
DIPERLUKAN**

**Kepelbagaian rutin  
Cabaran dan perubahan  
Aktiviti Fizikal  
Senorok dan bermain  
Fleksible /mudah  
Kebebasan bertindak**

# BLUE

emotionally driven  
seeks harmony in groups  
enthusiastic  
creative  
sympathetic

# GOLD

loyalty driven  
respects rules and authority  
responsible  
organized  
appreciative

# ORANGE

short-term driven  
welcomes change and variety  
adventerous  
competetive  
impulsive

# GREEN

logically driven  
independent thinker  
focused  
efficient  
analytical



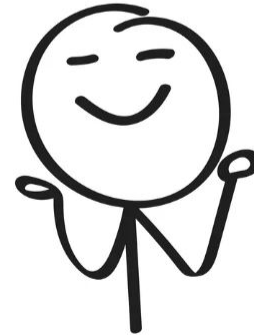
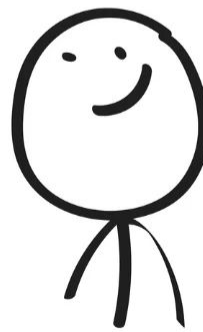
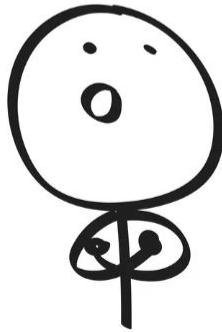
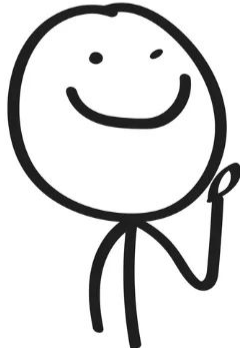
# COMMUNICATION

Passive

Aggressive

Passive  
Aggressive

Assertive





HELP AND SUPPORT

