

# PETRONAS School of Life

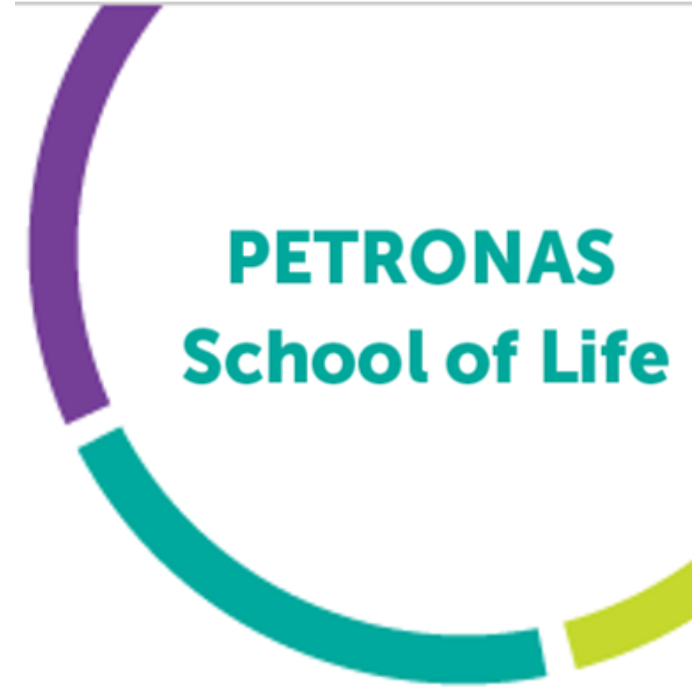
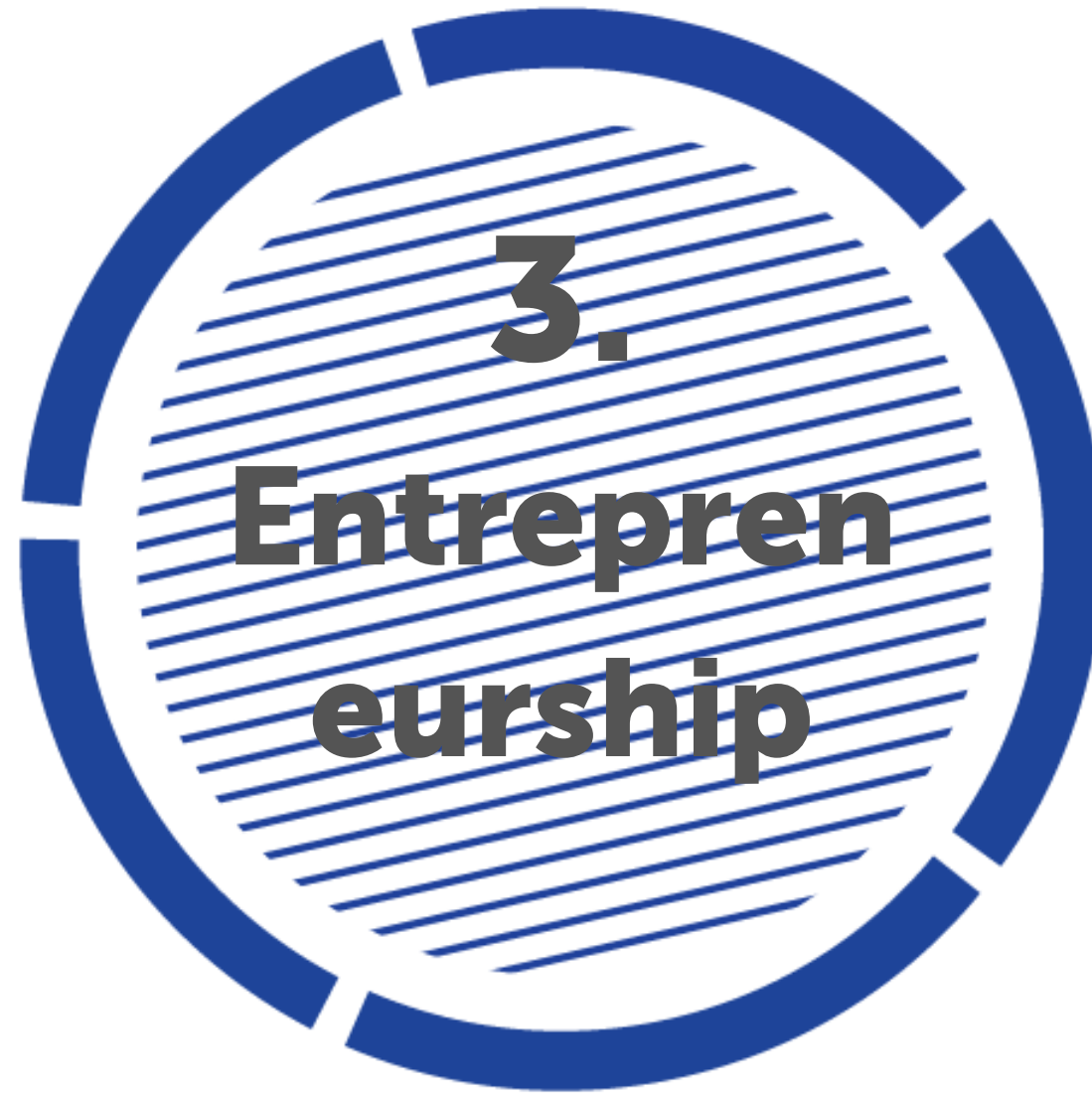
Sponsored by:



Program by:

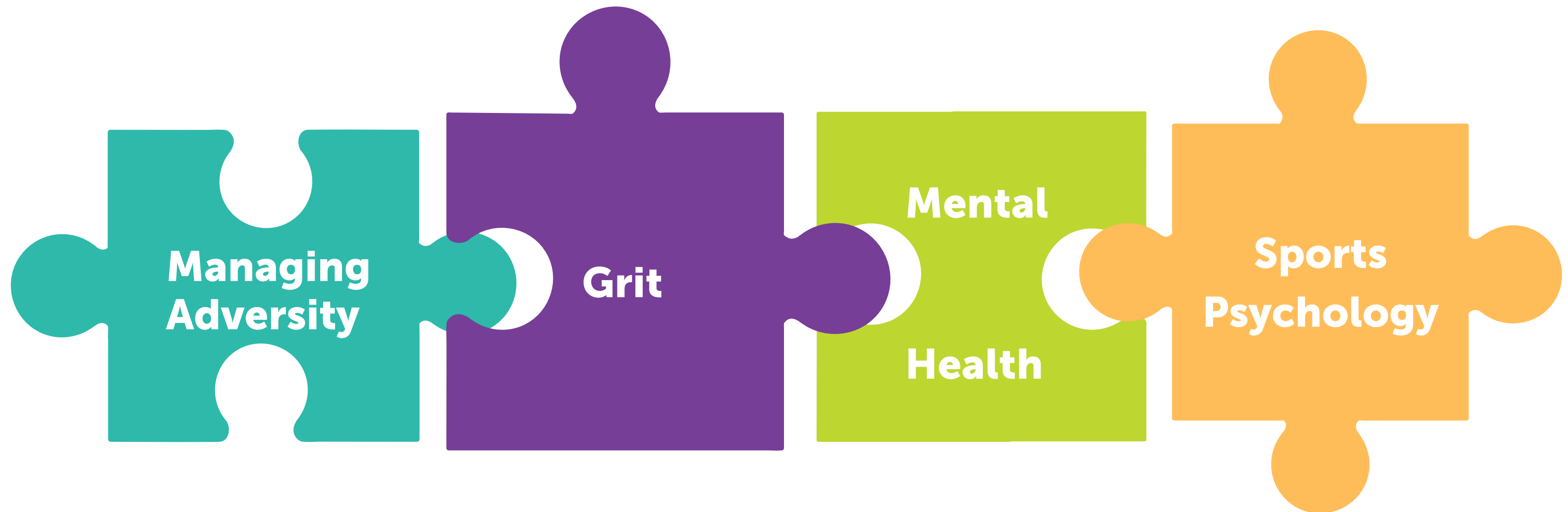


# Modules





# MODULE 1: MINDSETS





# RULES

1 Curiosity

2 Kindness

3 Generosity

PETRONAS  
School of Life

Curious  
MIND





**50%**

**Me**

**50%**

**You!**





**PETRONAS**  
School of Life

Curious  
MIND





12<sup>th</sup> & 13<sup>th</sup> December 2020

Jerudong International School

Brunei, Darussalam



**PETRONAS**  
School of Life



Curious  
MIND





# PART 1

## Why Learn about Adversities Management?



# 1.1 Why Learn about Adversity?

Because

1. Adversity is the only GUARANTEE in life!
2. The World is at it's most Vulnerable time right now.
3. You need the Tools to minimize the Impact of Catastrophes
4. You need to know how to get Back Up when you fall!
5. It makes you a better Leader



1.2

# Understanding How Life Works!







What  
we  
Expect?

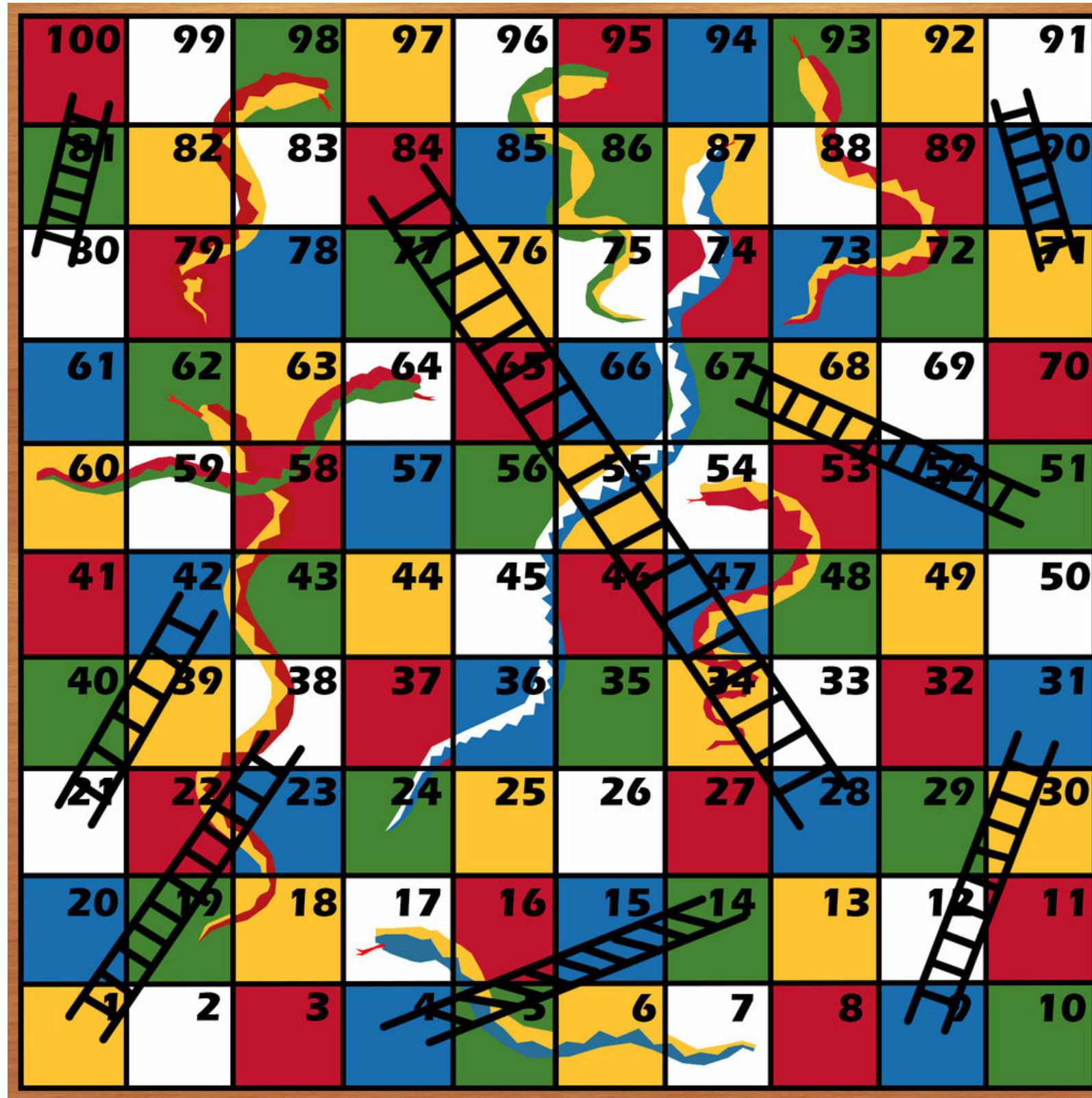
91	92	93	94	95	96	97	98	99	100
81	82	83	84	85	86	87	88	89	90
71	72	73	74	75	76	77	78	79	80
61	62	63	64	65	66	67	68	69	70
51	52	53	54	55	56	57	58	59	60
41	42	43	44	45	46	47	48	49	50
31	32	33	34	35	36	37	38	39	40
21	22	23	24	25	26	27	28	29	30
11	12	13	14	15	16	17	18	19	20
1	2	3	4	5	6	7	8	9	10

Success,  
Health, Wealth,  
Career, Impact,  
Love,  
Achievements,  
Legacy  
Fame & Fortune



# What we Experience

PETRONAS  
School of Life



Curious  
MIND

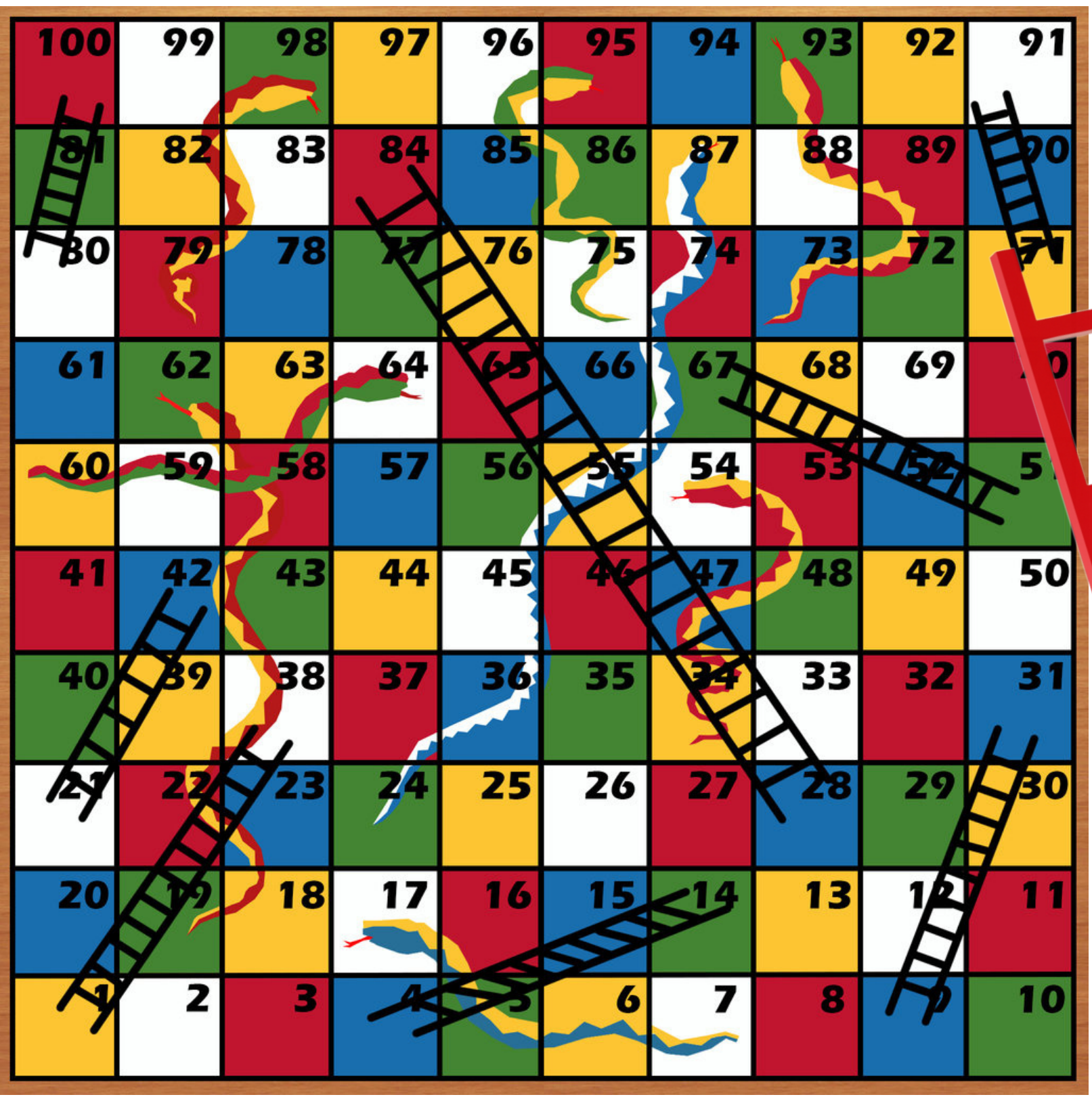


# What we Experience

PETRONAS  
School of Life



Mistakes  
Bad Decisions  
Risks  
Temptations  
Gamble  
Accidents  
Injuries  
Addiction  
Bad Luck  
Greed  
Cancer  
COVID  
Bankruptcy  
Divorce  
Failures  
Suicide  
Death



Luck  
Timing  
Risks  
Good Decisions  
Attitude  
Connections  
Preparations  
Exposure  
Opportunities



Curious  
MIND

# Life is UNFAIR!

PETRONAS  
School of Life

Imagine  
Starting the  
Board Game  
at  
60% to  
Success

Inspired by: Video

91	92	93	94	95	96	97	98	99	100		
81	82	83	84	85	86	87	88	89	90		
71	72	73	74	75	76	77	78	79	80		
61	62	63	64	65	66	67	68	69	70		
51	52	53	54	55	56	57	58	59	60		
41	Connection, Opportunities				45	46	47	Luck	49	50	
31	Elite Education				35	Talent, Intelligence, Appearance					40
21	Privileged Household Income				25	26	Normal Education				30
11	Un-Broken Family				15	16	Average Household Income				20
1	Safe Environment				5	6	Good Health			10	

Curious  
MIND



# Success

91	92	93	94	95	96	97	98	99	100	
81	82	83	84	85	86	87	88	89	90	
71	72	73	74	75	76	77	78	79	80	
61	62	63	64	65	66	67	68	69	70	
51	52	53	54	55	56	57	58	59	60	
41	Connection, Opportunities				45	46	47	Luck	49	50
31	Elite Education				35	Talent, Intelligence, Appearance				40
21	Privileged Household Income				25	Normal Education				30
11	Un-Broken Family				15	Average Household Income				20
1	Safe Environment				5	Good Health				10

Attitude, Grit,  
 Effort,  
 Character,  
 Habits, Focus,  
 Mindset,  
 Passion,  
 Energy, Work  
 Ethic,  
 Coachability,  
 Being Prepared,  
 Likeability,  
 People Skills,  
 Discipline,  
 Extras

PETRONAS  
 School of Life

Curious  
 MIND



# Successful People without a Head Start in Life

PETRONAS  
School of Life



Reference

Curious  
MIND



1. You Learn to live Frugally
2. You learned to be Creative with less
3. You have a Strong Desire to Change
4. You Appreciate every single Opportunity
5. You have less Worries
6. You are more cautious with Failures
7. You have better Survival Skills
8. You have more True Friends
9. You have Nothing to Lose



"Research on 233 millionaires in the US, 177 were self-made millionaires and 56 inherited their money."

*Rich Habits research*

How Growing Up Poor Can Make  
You Rich and Successful

[Reference](#)





# 1.3 Main Kind of Adversities



Disappointment  
or  
Rejections



Change of  
Relationship  
Status



Change of  
Financial or  
Social  
Status



Loss of  
Loved  
Ones



Illness  
or  
Injury





# What is the Most Dangerous Kind of Adversity?

## 別讓“1”倒下



有 1 之後，後面加多少個 0 都是你的

但是如果沒有 1，後面加多少個 0 都沒有用

請好好照顧自己獨一無二的身體健康吧

#沒有1一切都歸0



# World's Iconic Figures Age of Departure



Time



What  
Strikes You  
about this  
Chart?







## 1.4 Group Exercise

# Imagine YOU!

*Break into a Group of 6*  
*10 Minutes Discussion*  
*2 Minutes Presentation*

PETRONAS  
School of Life

Curious  
MIND



# Scenario 1

Tom is a top music conductor. His work took him to perform at grand orchestras around the world. However, COVID-19 has put his work on a stand still. For a year now, he was out of a job. He has no income and have drained out all his savings.





# Scenario 2

Siti was an A student in school. She received a scholarship from the government to study in the UK, graduated with a Law degree and had a great job when she returned back home. She started dating, got married and had a family. Shortly after her second child was born, she found out on the same week that both her first and second child suffered from autism that require support for the rest of their lives.





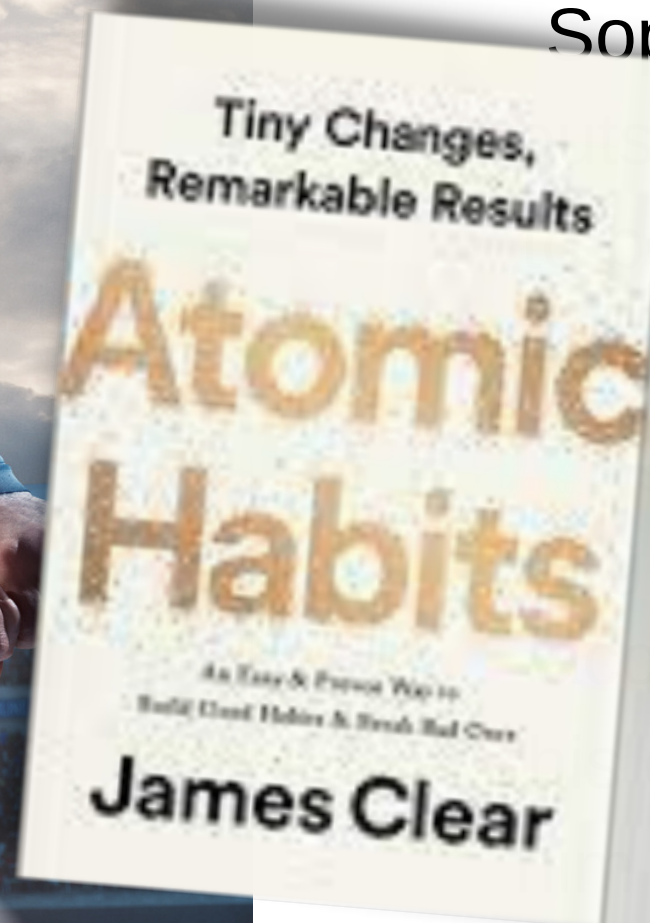
# Scenario 3

Sophian was a top baseball player and an outstanding student in university on the way to becoming a professional baseball player. On his graduation day, he decided to play a game of baseball before going to the graduation ceremony. Through a freak accident, the baseball bat landed between his eyes. Breaking your eye socket and put him in a coma. He lost his ability to smell, to walk and to perform even the most basic physical activities.





# Scenario 3



Sophian was a top baseball player and an athlete. He was on the way to becoming a professional baseball player. He decided to play a game of baseball, going to the field. He was a freak of nature, a freak of nature between his left and right socket and put his body in a position to smell, to walk and to perform even the most basic physical activities.



# Scenario 4

Jenny is in a relationship with her high school sweetheart. Both of them were smart, full of life and had dreams and aspirations for a great future ahead of them. One day, she discovered that her period is late. Upon testing, the result confirmed her worst nightmare. To make matter worse, the boy disappeared and stopped returning her text messages.





# Scenario 5

You are Bernard Giudicelli the President of the French Open Tennis Grand Slam Tournament. One of the biggest stars decided not to show up for the press conference, citing mental health as the reasons. When your federation pursued disciplinary action, as a protest, she withdrew from the game altogether, causing media frenzy around the world and incoercible damage to the game.





# Scenario 6

During Raya, a family illegally crossed the border to Limbang and returned ill.

The kids went to school and started spreading the disease to the school. The story went viral, suddenly the whole nation got into a panic mode. Rumors began to spread, with some saying that it was COVID-19.

You are Dr Isham, the Minister of Health.





# Scenario 7

You are Yoshiro Mori, the president of Olympic Tokyo 2021. Your team committee performed the strictest measure during the entire Olympic event. However, somehow, as everything seemed to have been under control, after the final game of USA vs China, one of the basketball players from TEAM USA tested positive for COVID-19.





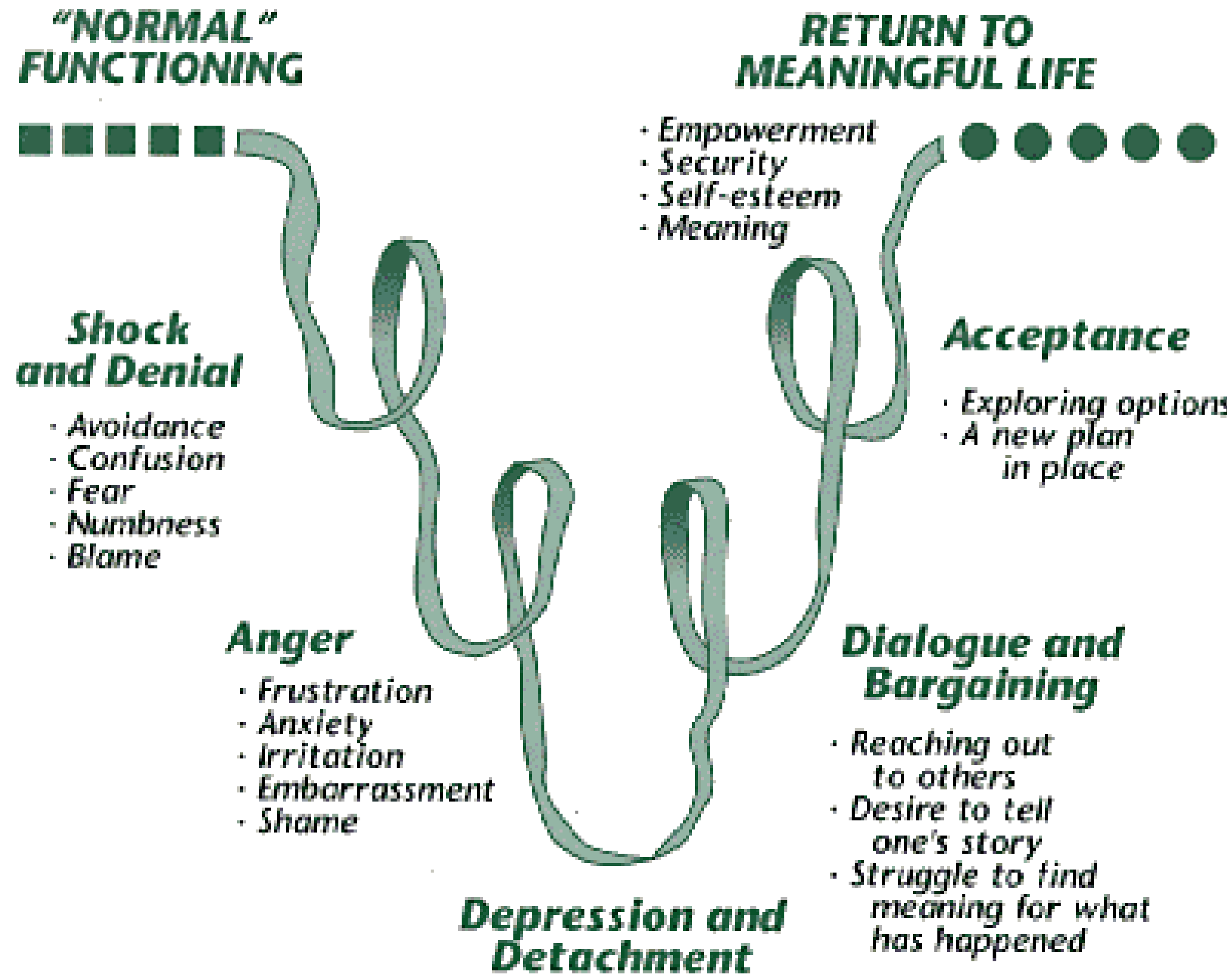


# PART 2

## How to Manage Adversities?



## 2.1 Five Stages of Adversities





# 10

## Steps to Overcoming Adversities



PETRONAS  
School of Life

Curious  
MIND



# 1. Adopt a Growth Mindset





I might succeed  
next time

# GROWTH

How long will it take  
me to be that good?

If I try enough times,  
eventually I won't fail

I don't care what people think

Who says I won't succeed next time?

I've only failed 4 times; maybe  
I should give it another go?

If I try hard enough, I don't  
need natural talent

I love a challenge

I'll never succeed

# FIXED

There's no way I be that good

Why try when I know I'll fail?

I'm no good, I quit!

It's easier to give up now  
before I embarrass myself

I'll never succeed

Why wasn't I born with the skills?

I hate a challenge

Video Reference



## 2. Define the Problem Clearly



- Be Objective, Not Emotional
- Don't dwell on "Why Me"? Do not find Blames
- Identify what is within your Control, what is Not?
- Be Mindful who is Affected?
- Question Why? Get to the Root Cause of the Problem.



### 3. Determine the Worst Case Scenario



- Resolve to accept the worst, should it occur.
- Expect and Improve the Worst Case Scenario.



## 4. Believe in Yourself



Draw Confidence from  
your past experiences!

*"A bird sitting on a tree is  
never afraid of the branch  
breaking, because her  
trust is not on the branch  
but on her own wings."*



## 5. Exercise Gratitude!



*"When I was a boy,  
and I would see scary  
things in the news, my  
mother would say to  
me, "Look for the  
helpers. You will  
always find people  
who are helping"*

Mr Rogers



## 6. Keep Perspectives



Acknowledge other people have gone through the same or worse.

Find the meaning behind the struggle.



## 7. Take Action



Allow yourself to  
grief. But don't  
indulge yourself  
in selfpity.

Schedule small  
steps and  
consistent actions  
each day to  
handle it.



## 8. Seek Help



Openly communicate your adversity. Ask for Help! Acknowledge that you are not superman.



## 9. Adapt!



"You can't always  
change the  
circumstances.  
But you can  
always change  
yourself!"

- Ignore Sunk Cost
- Unlearn
- Explore



## 10. Give Help



The only way to find meaning, to heal, to recover...

Is to give help to others going through the same adversities.



# SUMMARY

## How to Overcome Adversities?



1.  
Establish a  
Growth Mindset



2.  
Define the Problem  
Clearly



3.  
Determine the  
Worst Case  
Scenario



4.  
Draw Confidence



6  
Keep  
Perspective



6  
Take  
Action



7.  
Seek  
Help



8.  
Adapt



9.  
Give Help



# PART 3: How to Mitigate Failures?



PETRONAS  
School of Life

Curious  
MIND





QUESTION!

Why Should we  
Mitigate Risk?





## 3.1 Why Should we Mitigate Risk?

1. Accidents are Inevitable
2. To Prevent the Worst
3. To be Responsible
4. To Minimize Impact
5. To Maintain Order
6. To Stay Alive!



## 3.2 How to Manage Risks?

1. Prioritize Risk Management
2. Devise a Premortem
3. Identify the Worst Case Scenario
4. Develop a Plan B
5. Communicate Risks Regularly & Transparently
6. Conduct Safety Precaution and Tracking
7. Implement Risk Responses as Early as Possible



# Activity 2

PETRONAS  
School of Life

You have been  
appointed the CEO of  
HM's Birthday  
Celebration 2021.  
How do you ensure  
that there is no room  
for error?



Curious  
MIND



# Summary

1. How Life Works

2. How to Manage Adversities

3. How to Mitigate Failures





# Conversation with Ms Lailatul Zubaidah

Principal  
LZ Hussain & Co





CuriousMind.biz/feedback



+673 717 4286

