

MUST ATTEND

# PEAK PERFORMANCE 2026 : THE COMPLETE AND PRACTICAL GERMAN CREATIVE ARTISTIC APPROACH TO ACHIEVE EXCELLENT RESULTS

PROFESSOR HILDRUN ROLFF | 14 CPD | HRDC CLAIMABLE\* COURSE |  
10 & 11 NOVEMBER 2025 (MON. & TUES.) | SHERATON PETALING JAYA HOTEL |  
HRDC APPROVED NO. SIRI : 10001556801



# PEAK 2026

**Terms and Conditions | Cancellation Policy:** No refund will be made after payment is made. If the registered participant is unable to attend, a substitute delegate is allowed at no extra charge. However, should there be a request to change the name printed on the e-certificate of attendance to that other than that shown on the registration form, RM 100 extra will be charged as reprinting service charge. The organiser reserves the right to refuse service. The organiser reserves the right to change event date and venue, with notice being sent vide the email registered above. Information collected is in pursuant to the Personal Data Protection Act 2010. | **\*HRDC Claimable :** is subject to approval by PSMB . | **\*\*CPD :** Final CPD accepted by professional bodies vary and subject to each bodies' discretion. | Seats are confirmed on payment made and on first come first served basis only. You have fully understood the **DISCLAIMER OF WARRANTIES AND LIMITATION OF LIABILITY** stated in our Synergy TAS PLT website at <http://www.synergytas.com/disclaimer/>. You may not, without our prior written permission, frame or inline link any of the content of this brochure, or incorporate it into another website or other service any of our material, content or intellectual property. Copyright (C) 2025 Synergy TAS PLT.



## PEAK PERFORMANCE 2026

### UNLOCKING TRUE POTENTIAL BEGINS FROM WITHIN

*While Motivation may fade, Removing Internal Barriers creates Lasting Transformation.* The "Peak Performance 2026" Programme empowers you to break free from self-imposed Limits and ignite Profound Change. Through Guided Exercises, Peer Discussions, and Actionable Strategies, this Experience helps you harness your Inner Strength for enduring Personal and Professional Growth.

### PROF HILDRUN'S INNOVATIVE ART-PSYCHOLOGY METHODOLOGIES

Professor Rolff's Methodology offers a unique ways of removing these Subconscious Blockages, analyse own Behaviours, and reframe Thought Patterns in a way that is totally off boundary where Verbal Techniques cannot access.

By moving beyond Surface-Level Teaching, this Workshop empowers Leaders to truly understand themselves Deeper and able to connect with others to a Higher Level.

### EMPOWER LEADERS WITH PRACTICAL TOOLS FOR LASTING SUCCESS

Guided by a **Highly Experienced German Professor Art Therapist** this programme integrates the precision of German Methodology with creativity-driven Breakthroughs. Designed with the Malaysian Business Culture in mind, the programme delivers tools to **Unlock Potential** for reaching **Higher Target**, build stronger Leadership Foundations while respecting diverse values.

### WHAT YOU WILL GAIN, WHEN YOU ATTEND PEAK PERFORMANCE 2026:

This Unique Workshop equips you with practical **Actionable Tools** and **Strategies** to achieve Excellent Results with Existing Resources, including:

💡 **Overcome Internal Barriers with Professor Rolff's Proven Methodology:** Learn Practical Tools and get addressed by Professor directly as to the Limiting Beliefs and unlock Deeper Levels of Confidence and Capability.

💡 **Expand Leadership Perspective:** Gain hands-on approach to upgrade **Leadership Behaviours, Habits, and Dynamics** with the lens to sharpen awareness.

💡 **Willingly Build Resilient Teams:** Strengthen Team Unity and foster meaningful Connections using state-of-the-art artistic exercises that respect own cultural uniqueness.

💡 **Drive Lasting Growth:** Equip yourself with **Human Dynamics Strategies** that **go beyond Motivation** to create lasting enhancement in your role in the Organisation and beyond.

💡 **Bring Creativity to Leadership:** Leverage unique practical German advanced artistic methods to infuse innovation into **Leadership Approaches, Solving Challenges with Clarity and Inspiration.**

### YOUR EFFECTIVE PEAK PERFORMANCE JOURNEY BEGINS .

JOIN US NOW AND UNLOCK THE SECRETS TO ACHIEVING  
PEAK PERFORMANCE PRACTICALLY & EFFORTLESSLY!



“ IF AN EGG IS BROKEN  
BY OUTSIDE FORCE, LIFE  
ENDS. IF BROKEN BY  
INSIDE FORCE, LIFE  
BEGINS. GREAT THINGS  
ALWAYS BEGIN FROM  
INSIDE. ”

## TRANSFORMATIVE CHANGE AWAITS.

### SPEAKER'S PROFILE

#### *Your Guide to a transformative Leadership*

**Professor Hildrun Rolff** is a prominent figure in art therapy, with over a decade of academic leadership. At Alanus University, she spearheaded the accreditation and development of the Bachelor's programme in Art Therapy – Social Art and directed the Institute for Artistic-Scientific Further Education, fostering interdisciplinary innovation.

#### **Practical Experiences, Expertise and Innovation**

A pioneer in digital art therapy, Professor Rolff created the "als ob" module, enabling therapeutic presence in virtual spaces during the COVID-19 pandemic. Her expertise spans biographical and trauma-sensitive techniques, including transgenerational symbol mapping and Psychodynamic Imaginative Trauma Therapy (PITT).

#### **Global Contributions, Localised Experiences**

Her initiatives in Southeast Asia, particularly Malaysia, reflect her culturally grounded approach. Through collaboration with Taylor's University, she introduced art therapy methods into education and healthcare, laying a foundation for future advancements.

#### **Research, Therapy and Influence**

A prolific author & researcher, her works include "Art Therapy in Malaysia" (2019), alongside impactful presentations on chronic pain and digital therapy. Known for bridging tradition with innovation, Professor Rolff inspires practitioners and academics worldwide with her visionary contributions to the field.

#### **PROFESSOR HILDRUN ROLFF**

Art Therapy Expert Among Experts |  
Organisational Therapy Advocate |  
Visionary Transformer in Talent Development |



## HOW PROFESSOR HILDRUN ROLFF'S METHODOLOGY WILL ENHANCE LEADERSHIP

This workshop is designed to discover **Hidden Strengths & Potential**, build **Authentic Leadership Skills**, and create **Emotionally Resilient Teams**. It takes Participants through an Engaging Process to achieve Lasting Transformation:

### 1 Breaking Mental Barriers

- **The Problem:** Subconscious limiting beliefs block leaders from realizing their potential.
- **The Solution:** Professor's Hildrun Creative Exercises help leaders to uncover these hidden barriers and reframe them into Actionable Growth Strategies.

### 2 Understanding Behavioral Impact

- **The Problem:** Leaders often lack awareness of how their behaviors influence Team Dynamics.
- **The Solution:** Collaborative Art Projects expose Behavioral Patterns, enabling Leaders to improve Communication and Team Engagement.

### 3 Turning Ideas into Action

- **The Problem:** Abstract concepts like Strategy and Goals can feel overwhelming and unclear.
- **The Solution:** Visual Creation Tools turn complex ideas into Tangible Plans that works, bridging Logic and Creativity for clear, achievable Outcomes.

### 4 Enhancing Team Dynamics


- **The Problem:** Many Leaders struggle to identify Environments that Optimise their Leadership style.
- **The Solution:** This process helps Leaders to understand their inherent Strengths and adapt their Approach to thrive in Diverse settings, empowering Authentic Leadership.


This concise Methodology equips leaders with Actionable Tools to overcome Barriers, foster Clarity, and build Stronger Teams.





## BEWARE OF MISTAKES MANY LEADERS ARE MAKING

Avoid common Leaders' pitfalls by understanding **their root causes and implementing Effective Strategies**.

 **Overlooking Internal Barriers That Limit Growth**  
Discover Practical Strategies to Identify and reframe Limiting Beliefs, unlocking Greater Confidence, Growth, and Potential through this Transformative seminar.

 **Failing to Harness Creativity for Problem-Solving**  
Unlock new Leadership Strategies with Creative Techniques like collaborative creation and symbolic drawing to tackle Challenges and inspire Innovative Solutions.

 **Neglecting Team Dynamics and Collaboration**  
Learn practical tools to build Trust, Boost Collaboration, and Create High-Performing Teams in this seminar designed to inspire Collective Success.

 **Relying on Short-Term Motivational Techniques**  
Leaders often rely on Short-Term Motivation, missing Strategies to achieve Lasting Success through Emotional Intelligence, Innovative Leadership, and real-world Growth Tools.





## WHO SHOULD ATTEND THIS HIGH IMPACT PEAK PERFORMANCE WORKSHOP?

This two-day Highly Practical Programme equips Leaders to gain Actionable Skills, explore Innovative Methods, and unleash Creativity for enhanced Leadership Effectiveness and Organisational Transformation!

It is especially valuable for:

- **Business Owners and Entrepreneurs** who look for Cost-Effective, Innovative Leadership Approaches to unlock Potential, optimise Resources, and drive Growth through Practical, Creative Methodologies.
- **Corporate Leaders and Executives** ready seeking Innovative Tools to overcome Internal Barriers, enhance Team Collaboration, and drive Sustainable Growth through Creative, Practical Methodologies tailored for high-level Organisational Impact.
- **Professionals and Organizational Development Specialists** Subject Experts aiming to improve Team Dynamics, address Behavioral Patterns, and foster a harmonious Workplace using Creative, Actionable Strategies for Talent and Organisational Development.
- **Managers and Emerging Leaders** Aspiring Leaders eager to build confidence, refine Leadership Styles, and inspire teams through hands-on Creative Techniques and self-awareness Exercises.

Don't miss out on this Opportunity to **enhance Your Peak Performance and Team Leading skills** with **Professor Hildrun Rolff** all the way from **Germany**. Register Now to Secure Your Seat!

## COURSE OUTLINE

THE COURSE CONTENT INCLUDES BUT NOT LIMITED TO THE FOLLOWING

### DAY 1 - INTRODUCTION & APPLICATION

Kick off the Programme by exploring the powerful German Creative Art Therapy techniques. You will discover how to enhance Decision-Making, and harmonise **Work Patterns** to achieve Balanced and Exceptional Outcomes under Highly Stressed or Uncertain Environment.



#### Part 1: Unleashing Professor Hildrun Rolff's Proven Methodology for Peak Performance

- Let's get Emotional : Understand Work Patterns and Business Stress**  
Discover how to use the German Creative Methodology to unleash Professional Balance by harmonizing Work Patterns and Reducing Business Stress.
- The Role of Emotion in Business Decisions**  
Explore how Emotion is affecting You and can be the driving force in Decision-Making and how it shapes your Business Outcomes at every level.
- Enhance both Personal and Team Effectiveness**  
Follow a Practical step-by-step Guide to apply these creative methods to enhance both Personal and Team Effectiveness, ensuring Long-Term results.
- Master Creative Techniques for Efficiency**  
Gain hands-on Experience in using Collective Painting, Symbolic Drawing, and collaborative creation to improve Decision-Making and Team Dynamics.



#### Part 2: Understanding Behavioural Patterns and Boosting Leadership Effectiveness

- Let's Identify and Transform Limiting Patterns**  
Uncover the Behavioural Patterns that block Organisational Progress and learn how to harmonize them with Creative Interventions.
- Enhance Leadership with Creative Insight Now**  
Gain insights into identifying these Patterns and explore how Creative Techniques can transform Leadership approaches for greater Team Inspiration and Empowerment.



#### Part 3: Resolving Complex Challenges with Advanced Creative Intervention Mechanism

- Discover Group-Oriented Visual Problem-Solving**  
Utilise tools like Visual Representation and Symbolic Creation to address and resolve complicated Business Challenges.
- How to Transform Patterns for Organisational Growth**  
Learn how to apply Advanced Artistic Processes to turn Limitations into Opportunities, creating Transformational Results for the Organisation.

## DAY 2 - ADVANCED PRACTICAL CREATIVE ARTISTIC BUSINESS APPROACH FOR GROWTH AND SUCCESS

Building on Day 1's Insights, Day 2 dives deeper into Practical Methods to explore Team Collaboration, Foster Innovation, and create a Shared Vision to drive Organisational Growth and Success.

### **Part 1: Creating a Collective Vision for Organisational Growth**

- a. **How to Use Advanced Artistic Mechanisms**  
Explore cutting-edge Tools to define and foster a Collective Vision, aligning You and Your teams to unleash the Full Potential and Organisational Growth.
- b. **How to Drive Team Prosperity with a Shared Vision**  
Discover how artistic concepts can align with Business Goals to unlock Prosperity and bring Teams together for Powerful Results.

### **Part 2: Expressing Innovation Through Collaborative Creativity**

- a. **How to Develop Collages and Vision Boards**  
Learn Practical Techniques to create shared vision boards and collages using German Artistic Methods, helping teams align their Goals visually.
- b. **Unleash Growth Through Creative Expression**  
Encourage Teams to express their Ideas, Potential, and Growth Aspirations through Innovative Artistic techniques that inspire practical Collaboration.

### **Part 3: Integrating the Approach into Malaysian Organisational Culture**

- a. **How to Adapt German Creativity for Local Culture**  
Learn how to incorporate German Creative Techniques into Malaysia's localized traditions, fostering a blend of Cultural Respect and Innovation for Organisational Advancement.
- b. **How to Build Harmonious Business Networks**  
Gain the Tools to build Stronger, Long-Lasting Relationships with Suppliers, Customers, and Partners through Creative Work Interventions, enhancing Trust and Collaboration.

### **Part 4: Practical Application for Enhanced Team and Business Success**

- a. **Explore How to Build Long-Term Business Success**  
Use creative methods to solidify Business Networks and gain Actionable Insights for Strengthening Professional Relationships.
- b. **How to Utilise Creative Methods for Lasting Impact**  
Discover practical ways to take the Artistic Leadership Methods learned throughout the Programme and apply them directly in your Organization for sustainable Growth.



## THE BENEFITS OF USING PROFESSOR HILDRUN ROLFF'S APPROACH TO UNDERSTANDING PEAK PERFORMANCE AND YOU

*Discover the numerous Advantages of using art therapy approach to Peak Performance of Leaders:*

- 1 TRANSFORM LEADERSHIP AND OVERCOME BARRIERS**  
Experience Professor Hildrun Rolff's Innovative Methodologies to uncover and overcome Subconscious Blockages. Reframe Limiting Beliefs into Actionable Strategies, unlocking Deeper Confidence and Leadership Potential.
- 2 MASTER CREATIVITY-DRIVEN LEADERSHIP TOOLS**  
Elevate your Leadership Skills with hands-on creative exercises like Symbolic Drawings and collaborative sculptures. These Activities offer a Fresh, Impactful Perspective on Team Dynamics, Leadership Tendencies, and Organisational Engagement.
- 3 BOOST EMOTIONAL INTELLIGENCE FOR BETTER DECISION-MAKING**  
Learn how Emotions influence Business Outcomes and how to balance them effectively. Enhance your relationships, strengthen Team Morale, and make Smarter Decisions using Emotional Intelligence.
- 4 ENHANCE TEAM DYNAMICS AND COLLABORATION**  
Build resilient Teams aligned with Shared Visions through Group projects that reflect real-world Challenges. Foster Trust, Empathy, and cooperation while respecting Cultural Diversity for Long-Term Success.
- 5 ADAPT AND APPLY CUTTING-EDGE GERMAN TECHNIQUES**  
Tailor proven German Creative Approaches to Malaysia's unique cultural and Business Environment. Drive Sustainable Growth by integrating these methods seamlessly into your Personal and Professional Practices.

**ELEVATE YOUR LEADERSHIP GAME WITH CUTTING-EDGE STRATEGIES AND LASTING SOLUTIONS.**

# PROGRAM TIMELINE (2 DAYS TRAINING)

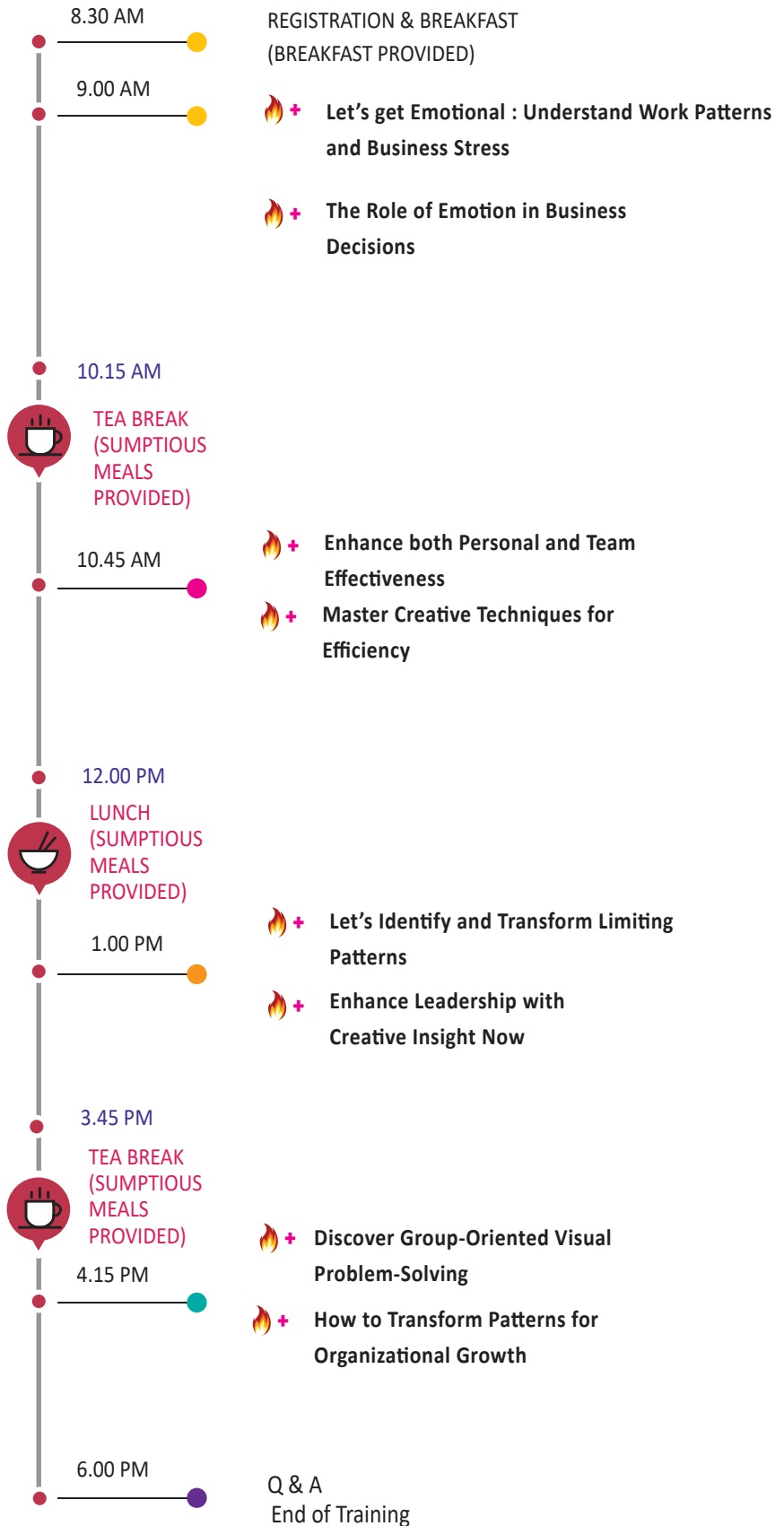
The estimated timeline for  
Peak Performance 2026

People don't quit  
companies—they quit managers.  
***Manager who is weak or having  
a poor relationship*** with the  
leader is the ***top reason for  
employee's resignation.***



## DAY ONE

### DAY 1 - INTRODUCTION & APPLICATION



Note : Speaker is committed to high quality of presentation and insists that all materials are covered. Therefore the schedule may vary.

# PROGRAM TIMELINE (2 DAYS TRAINING)

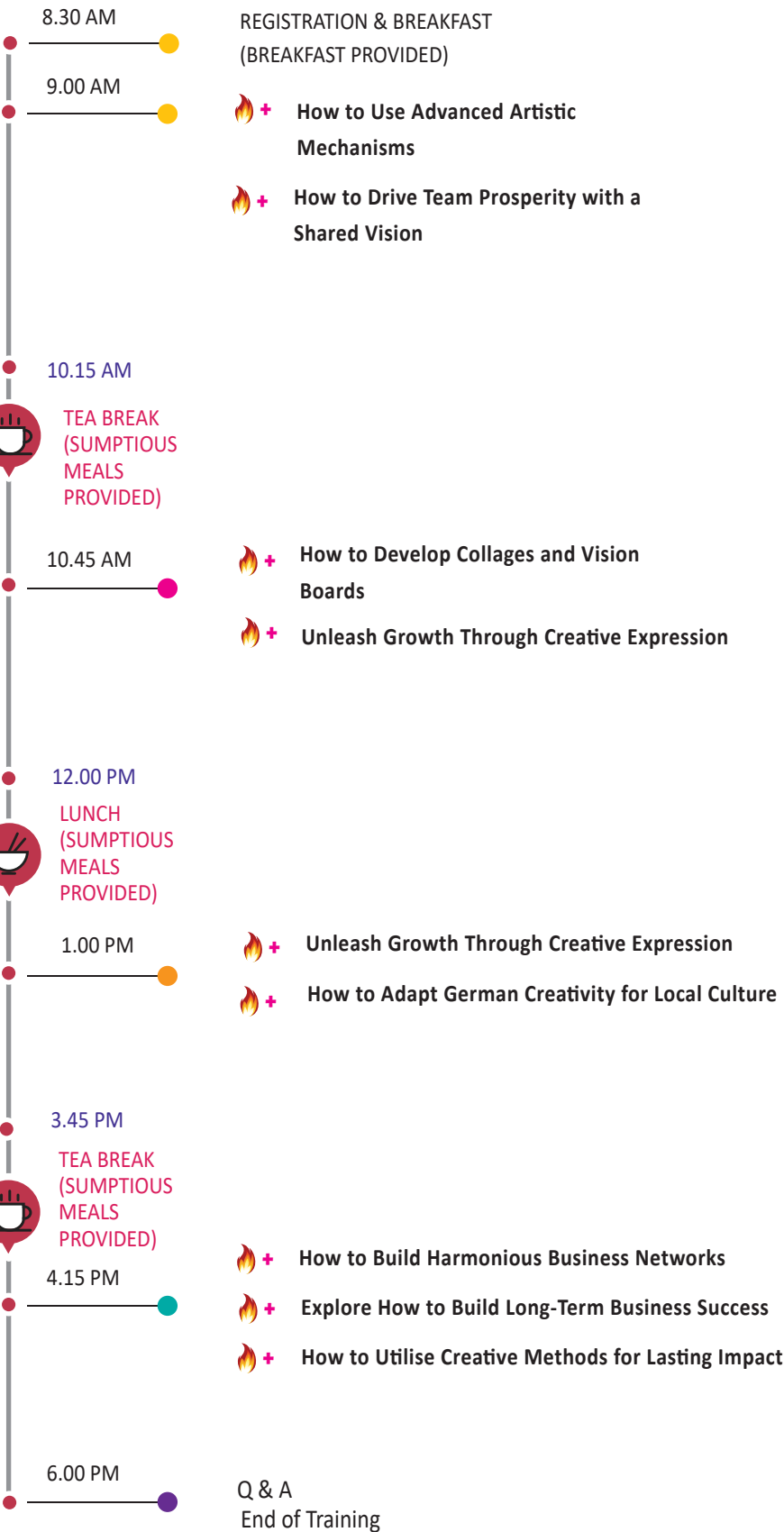
The estimated timeline for  
Peak Performance 2026

People don't quit companies—they quit managers. *Manager who is weak or having a poor relationship* with the leader is the *top reason for employee's resignation*.



## DAY TWO

### DAY 2 - ADVANCED PRACTICAL CREATIVE ARTISTIC BUSINESS APPROACH FOR GROWTH AND SUCCESS



Note : Speaker is committed to high quality of presentation and insists that all materials are covered. Therefore the schedule may vary.

# PRICING

Choose the right rate for you.\*\*\*

Want to attend the seminar at its lowest price ?  
Register in group of 3 or more participants in one registration to get additional discount.

HRDC Claimable \*

\* Subject to employer's application to PSMB.  
As at time of publication of this brochure HRDC limit the amount claimable per participant to RM 1,750 per day for this HRDC Approved Programme

THE FULL FEE IS RM 4,500.  
EARLY BIRD ENDS ON 10.10.2025.  
WITH GROUP REGISTRATION DISCOUNT  
OF RM 200 AND RM 400 RESPECTIVELY  
STILL APPLICABLE FOR GROUP  
REGISTRATION

1 - 2 pax

3- 4 pax

5 & more

Early Bird Price (Valid until 10.10.2025)	RM 3,500 per pax for Two Days	RM 3,300 per pax for Two Days	RM 3,100 per pax for Two Days
Normal Price	RM 4,500 per pax for Two Days	RM 4,300 per pax for Two Days	RM 4,100 per pax for Two Days
<div>WANT PROMO DISCOUNT ? Register early to enjoy the Early Bird Discount of RM 1000 off^^ ^^ By registering five or more, entitle yourself additional RM 400 off</div>	<div>Register</div> <p>Enjoys RM 1000 off as Early Bird Discount when you registered Now.</p> <p>*****</p>	<div>Register</div> <p>By registering three or more participants enjoy an additional RM 200 off from Promo Discount .</p> <p>Here's how the math works : RM 4,500 - RM 1000 Early Bird Discount -RM 200 Group Registration Discount = RM 3,300</p> <p>This price is subject to first come first served basis only.</p> <p>*****</p>	<div>Register</div> <p>By registering five or more participants enjoy an additional RM 400 off from Promo Discount.</p> <p>Here's how the math works : RM 4,500 - RM 1000 Early Bird Discount - RM 400 group registration discount = RM 3,100.</p> <p>This price is subject to first come first served basis only.</p> <p>*****</p>

# VENUE

The 2 Days Seminar Workshop will be held in Function Room, Level 3C,  
Sheraton Petaling Jaya Hotel, Selangor.

Stylishly located within the heart of Klang Valley, the Seminar will be held in  
safe & compliance venue.

Klang Valley is easily accessible vide Federal Highway and LRT Asia Jaya  
Station.

Flat rate of RM 12 per entry with validation for parking in the Hotel.



# SYNERGY TAS

Suite 153, PG-15A, Ground Floor, Jaya 33  
No. 3, Jalan Semangat, Section 13  
46100 Petaling Jaya, Selangor

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(+6 016) 328 6312 (Lau)

IDEAS ARE THE BEGINING POINTS OF ALL FORTUNES.

UNLOCK YOUR LEADERSHIP POTENTIAL :  
THE FIRST STEP TO TRANSFORMATIVE GROWTH AND TEAM  
EXCELLENCE



# PEAK PERFORMANCE 2026:

## THE COMPLETE AND PRACTICAL GERMAN CREATIVE ARTISTIC APPROACH TO ACHIEVE EXCELLENT RESULTS

MOST IMPORTANT Leadership Event of the Year.

### Participant 1

Name (Mr / Mrs / Ms)

Certificate of Attendance will be printed according to this name.

Designation

Email

Mobile Tel

### Participant 2

Name (Mr / Mrs / Ms)

Certificate of Attendance will be printed according to this name.

Designation

Email

Mobile Tel

### Participant 3

Name (Mr / Mrs / Ms)

Certificate of Attendance will be printed according to this name.

Designation

Email

Mobile Tel

### Participant 4

Name (Mr / Mrs / Ms)

Certificate of Attendance will be printed according to this name.

Designation

Email

Mobile Tel

### Participant 5

Name (Mr / Mrs / Ms)

Certificate of Attendance will be printed according to this name.

Designation

Email

Mobile Tel

**Terms and Conditions | Cancellation Policy:** No refund will be made after payment is made. If the registered participant is unable to attend, a substitute delegate is allowed at no extra charge. However, should there be a request to change the name printed on the e-certificate of attendance to that other than that shown on the registration form, RM 100 extra will be charged as reprinting service charge. The organiser reserves the right to refuse service. The organiser reserves the right to change event date and venue, with notice being sent vide the email registered above. Information collected is in pursuant to the Personal Data Protection Act 2010. | \*\*CPD : Final CPD accepted by professional bodies vary and subject to each bodies' discretion. | Seats are confirmed on payment made and on first come first served basis only. You have fully understood the DISCLAIMER OF WARRANTIES AND LIMITATION OF LIABILITY stated in our Synergy TAS PLT website at <http://www.synergytas.com/disclaimer/>. You may not, without our prior written permission, frame or inline link any of the content of this brochure, or incorporate it into another website or other service any of our material, content or intellectual property.

### Fee based on number of registered participant.

\* Price quoted is subject to first come, first served basis.

Tick ☒ to indicate your category of fee.

#### ☐ 1 - 2 Participant(s)

\* RM 3,500 per participant for Two Days  
(Normal Price : RM 4,500 per participant for Two Days)

#### ☐ 3 - 4 Participants

\* RM 3,300 per participant for Two Days  
(Normal Price : RM 4,300 per participant for Two Days)

#### ☐ 5 or More Participants

\* RM 3,100 per participant for Two Days  
(Normal Price : RM 4,100 per participant for Two Days)

Register NOW  
to grab the Promo  
Price until  
10 October 2025

## Live Event

14 CPD



#### Date

10 & 11 NOV. 2025  
(Mon. & Tues.)



#### Time

9.00 AM to 6.00 PM DAILY



#### Location

SHERATON PETALING JAYA HOTEL,  
Selangor.

### Simple way to register

Scan this filled form & Email : [event@synergytas.com](mailto:event@synergytas.com) Or  
WhatsApp to 016 302 6109 (Janet), 016 317 7951 (Lynette)  
or 016 328 6312 (Lau)

Can also scan this form and email to register for seat(s) too.  
Thereafter upon payment, please scan and email the  
deposit slip to [event@synergytas.com](mailto:event@synergytas.com).

### Billing to

Company

Tax Identification Number (TIN)

Business Registration No. (BRN)

Address

### Nature of Business

(Vital information for Speaker to take into account in the preparation of seminar material)

- ☐ Construction ☐ Management ☐ Developer ☐ Trading ☐ Education ☐ Logistics  
☐ Manufacturing ☐ Investment Holding Company ☐ Legal ☐ Tax Agent ☐ Company Secretary  
☐ Consultancy ☐ Audit ☐ Real Estate ☐ Health ☐ Retail ☐ Services ☐ Financial Services  
☐ Other: \_\_\_\_\_

### Products and Services

e.g. Plastic Producing, Buy Land and Develop,  
Investment Holding Company, Medical Devices,  
Chemicals, Waste Products, Diesel, IT, etc.

How do You Know about this Course? Claiming HRDC? ☐

Contact Number

Contact Person

Email of PIC :

Remark

Please make payment stating your Invoice No. as Reference to :  
**"SYNERGY TAS PLT" (CIMB: 800 707 1544)**

either via bank transfer or bank in cheque after issuance of invoice.