FARMY YOW

PEOPLE PERFORMANCE SPECIALIST

HRDC ACCREDITED CERTIFIED TRAINER



12+	150+	10,000+	6
YEARS OF EXPERIENCE	TRAINING SESSIONS	PARTICIPANTS IMPACTED	COUNTRIES

TRAINING SERVICES



TEAM BUILDING & ENGAGEMENT

Build stronger teams through trust, collaboration and meaningful experiences



MENTAL RESILIENCE & STRESS MANAGEMENT

Build resillience, manage stress and create healthier and more positive workplace



LEADERSHIP DEVELOPMENT

Develop confident, capable and accountable leaders at all levels



COMMUNICATION & EMOTIONAL INTELIGENCE (EQ)

Enhance communication, strengthen relationships and improve workplace interactions



SALES & INFLUENCE

Strengthen influence, communication and consultative selling skills

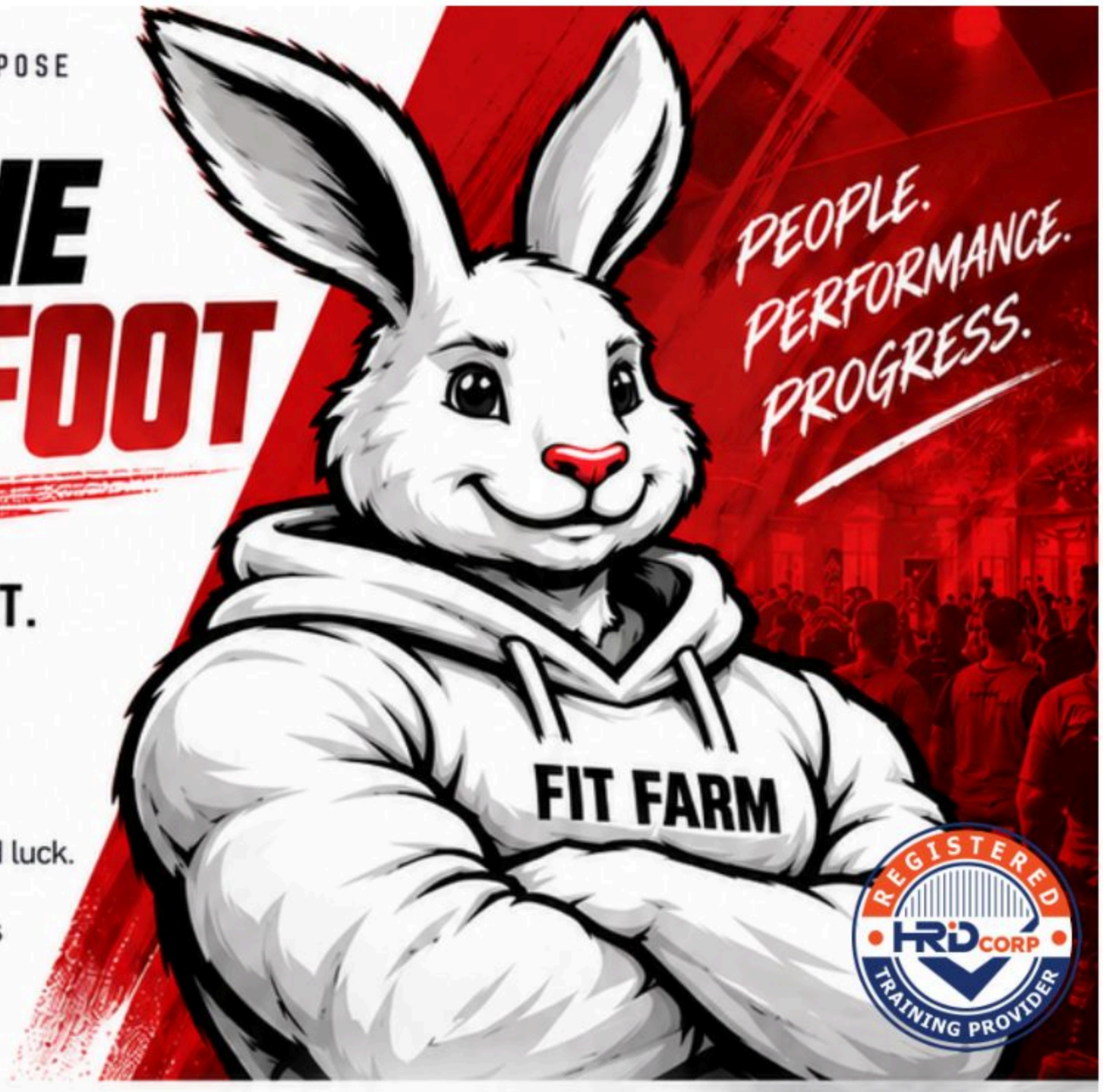


HEALTH & WELLNESS

Promote a healthy, active and balanced lifestyle at work and beyond

OUR STORY | OUR PHILOSOPHY | OUR PURPOSE

BEYOND THE RABBIT'S FOOT



DON'T CHASE LUCK. BUILD IT.

At Fit Farm, we believe growth isn't about luck.
It's about people, the right environment,
and the courage to keep moving forward.

The rabbit has long been known as a symbol of good luck. But for us, it represents something much deeper — awareness, adaptability, resilience and the relentless spirit to grow. It's not about what you're born with, but what you choose to become.



THE RABBIT

THE SPIRIT TO MOVE FORWARD

Rabbits are alert, curious and adaptable. They notice change, respond quickly and keep moving — qualities we see in great individuals and teams.

The rabbit reminds us to stay aware, be adaptable, connect with others, take action and keep growing.

THE FARM

THE ENVIRONMENT FOR GROWTH

Every farm is a place of potential. It provides the right environment to nurture, challenge and develop. People are no different. At Fit Farm, we create experiences where individuals and teams can experiment, connect, reflect and unlock what they're truly capable of.



THE RABBIT PRINCIPLES — WHAT THE RABBIT TEACHES US

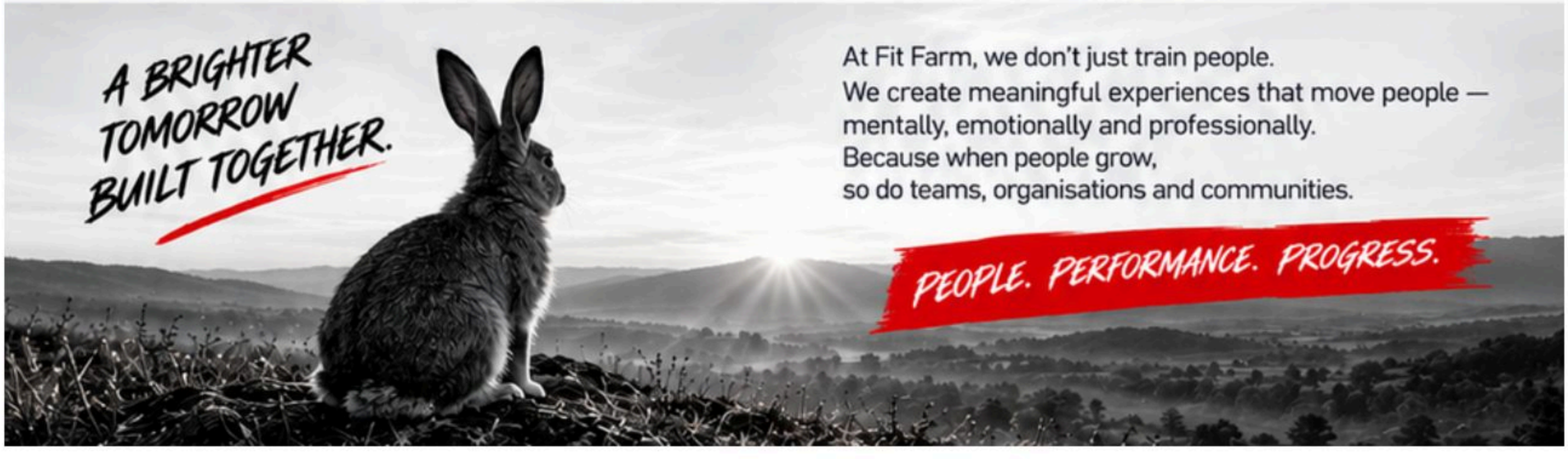
AWARE
Stay curious.
Notice change.
Understand people and situations.

ADAPT
Respond quickly.
Be flexible.
Turn challenges into opportunities.

CONNECT
Build trust.
Collaborate.
Grow stronger together.

MOVE
Take action.
Be accountable.
Keep progressing.

GROW
Develop continuously.
Unlock potential.
Create lasting impact.



At Fit Farm, we don't just train people.
We create meaningful experiences that move people — mentally, emotionally and professionally.
Because when people grow,
so do teams, organisations and communities.

PEOPLE. PERFORMANCE. PROGRESS.

FIT FARM
TRAINING & DEVELOPMENT
PEOPLE. PERFORMANCE. PROGRESS.

TRAIN | ENGAGE | CONNECT | GROW TOGETHER

TEAM BUILDING & ENGAGEMENT

A BRIGHTER TOMORROW BUILT TOGETHER.

STRONGER PEOPLE. BRIGHTER TEAMS.

At Fit Farm, we design team building experiences that go beyond fun. Our programmes create meaningful connections, build trust and strengthen collaboration to help teams perform better together, back at work and beyond.



PEOPLE. PERFORMANCE. PROGRESS.

WHAT OUR TEAM BUILDING CREATES

STRONGER RELATIONSHIPS
Build trust, empathy and better communication.

HIGHER ENGAGEMENT
Create a sense of belonging and team pride.

COLLABORATIVE MINDSETS
Break silos and encourage open, creative thinking.

GREATER RESILIENCE
Develop adaptability and learn to overcome challenges together.

IMPROVED PERFORMANCE
Turn stronger teams into measurable business results.









GREAT TEAMS DON'T HAPPEN BY CHANCE. THEY HAPPEN BY CHOICE.

Let's create an experience that brings your people closer, stronger and future ready.

BUILD A STRONGER TEAM TODAY

PEOPLE. PERFORMANCE. PROGRESS.



FIT FARM
TRAINING & DEVELOPMENT
PEOPLE. PERFORMANCE. PROGRESS.

LEARN | EXPERIENCE | GROW | TOGETHER

OUR CORE TRAINING SOLUTIONS

A BRIGHTER TOMORROW BUILT TOGETHER.

PEOPLE | TEAMS | LEADERS | BUSINESS IMPACT



01 TEAM BUILDING & ENGAGEMENT

STRONGER PEOPLE. BRIGHTER TEAMS.

We design engaging and experiential team building programmes that go beyond fun. Our activities create meaningful connections, build trust and strengthen collaboration, helping teams perform better together, back at work and beyond.

TEAMS GO FURTHER TOGETHER.

BUILD TRUST
Create stronger relationships and psychological safety

IMPROVE COLLABORATION
Break silos and work more effectively together

BOOST ENGAGEMENT
Increase motivation, energy and team pride

DEVELOP PROBLEM SOLVING
Tackle challenges creatively as a team

STRONGER TEAM PERFORMANCE
Turn learning into real workplace results



02 LEADERSHIP DEVELOPMENT

BETTER LEADERS. BRIGHTER TOMORROWS.

We develop confident, capable and accountable leaders at all levels. Through experiential learning, practical tools and real world application, we help individuals lead with greater self-awareness, influence and impact.

PEOPLE DEVELOP PEOPLE.

GREATER SELF-AWARENESS
Understand your strengths, blind spots and leadership style

STRONGER LEADERSHIP CAPABILITY
Build the skills and mindset to lead with confidence

BETTER DECISION MAKING
Make clearer, more informed and courageous decisions

INFLUENCE AND COMMUNICATION
Communicate with clarity and inspire action

LASTING ORGANISATIONAL IMPACT
Create stronger teams and a healthier leadership culture



03 SALES & INFLUENCE

CONVERSATIONS THAT CREATE OPPORTUNITIES.

We help individuals and teams strengthen their influence, communication and consultative selling skills. Our programmes focus on real world application, enabling participants to build stronger relationships, create value and achieve better results.

INFLUENCE CREATES OPPORTUNITIES.

CLEARER COMMUNICATION
Communicate with confidence and build stronger rapport

STRONGER INFLUENCE
Persuade ethically and create greater buy-in

CONSULTATIVE SELLING SKILLS
Understand needs, create value and offer relevant solutions

IMPROVED SALES PERFORMANCE
Achieve measurable results and grow business opportunities

LASTING RELATIONSHIPS
Build trust and long term partnerships with clients

PEOPLE. PERFORMANCE. PROGRESS.

REAL PEOPLE. REAL CHANGE.

FIT FARM
TRAINING & DEVELOPMENT
PEOPLE. PERFORMANCE. PROGRESS.

LEARN | EXPERIENCE | GROW | TOGETHER

A BRIGHTER TOMORROW BUILT TOGETHER.

OUR CORE TRAINING SOLUTIONS

PEOPLE | TEAMS | LEADERS | BUSINESS IMPACT

04 MENTAL RESILIENCE & STRESS MANAGEMENT

CALMER MINDS. STRONGER PERFORMANCE.

We help individuals and teams build resilience, manage stress and create healthier and more positive workplaces through practical tools, real world strategies and engaging experiences.

BUILD RESILIENCE
Develop mental strength and adaptability

MANAGE STRESS
Learn practical techniques to handle pressure effectively

HEALTHIER MINDSET
Build positivity, emotional balance and greater focus

IMPROVED PERFORMANCE
Stay motivated, productive and perform at your best



CALMER PEOPLE. STRONGER TEAMS.

05 COMMUNICATION & EMOTIONAL INTELLIGENCE (EQ)

BETTER CONVERSATIONS. STRONGER RELATIONSHIPS.

We help individuals and teams enhance communication, strengthen relationships and improve workplace interactions through greater self-awareness, empathy and emotional intelligence.

CLEARER COMMUNICATION
Express ideas with clarity and impact

STRONGER RELATIONSHIPS
Build trust, respect and collaboration

HIGHER EMPATHY
Understand and connect with others more effectively

IMPROVED INTERACTIONS
Create a more positive and productive workplace culture



REAL CONVERSATIONS. REAL CONNECTIONS.

06 HEALTH & WELLNESS

HEALTHY PEOPLE. HAPPIER TEAMS.

We promote a healthy, active and balanced lifestyle at work and beyond through engaging wellness programmes that energise individuals and strengthen teams.

ACTIVE LIFESTYLE
Encourage movement and healthier habits

PHYSICAL WELLNESS
Improve overall health and energy levels

BALANCED LIVING
Support work life harmony and sustainable habits

STRONGER TEAMS
Build healthier, happier and more engaged teams



HEALTHY PEOPLE. BRIGHTER TOMORROWS.

PEOPLE. PREFORMANCE. PROGRESS.

BUILDING BETTER PEOPLE EVERYDAY.

MOMENTS OF IMPACT































TRUSTED BY LEADING BRANDS



INSTITUT KOPERASI MALAYSIA

MMC

Singtel

SEFAR

TMAKER

ALS

süezcap
A Better Everyday

OncoCare
Tamarind Health

SPH

Asia

SHAPADU

CR Asia

ASTACHEM
Specialty Chemical

Electrolux

f&b nutrition

Hapag-Lloyd

Air Selangor

Pfizer

BANKRAKYAT
بيڠكڬ رعيت
Bank Pilihan Anda

BJAK

tohtonku

Wyeth

Nestlé

بڠك معاملات
Bank Muamalat

SILTERRA

Reckitt Benckiser

AirAsia

RHB

ASTERSPRING

POS MALAYSIA

Abbott

eTika

NTW
NATIONAL TRAINING WEEK

kenvue

Johnson&Johnson

+MANY MORE

SCAN TO CONNECT

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WEBSITE
WWW.FITFARMTRAINING.COM

