



# Malaysia Nutrition Leadership Programme (MyNLP) 2023 Activity Report

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Prepared by  
MyNLP Technical Working Committee



# MyNLP Technical Working Committee



## Advisor



Dr Tee E Siong

## Chair



Assoc Prof Dr A. Mahenderan

## Co-Chair



Assoc Prof Dr Wong Jyh Eiin

## Committee Members



Ms Lim Siew Ling



Mr Ng Chee Kai



Assoc Prof Dr Chin  
Yit Siew



Ms Khairul Zarina  
Binti Mohd Yusop

# Key Activities in Year 2023



Nutrition Career Journey



Nutrition Communication Training Workshop

# Nutrition Career Journey

## Event objective

- To gain insights into leadership roles, challenges and opportunities of nutritionists in different work settings.

## Target audience

- Fresh nutrition graduates and final year undergraduate & postgraduate students

## Coverage of speakers

- Career opportunities
- Challenges of nutritionists in different sectors



**WEBINAR SERIES ON  
NUTRITION CAREER  
JOURNEY 1/2023**

Gain insights into leadership roles, challenges and opportunities of nutritionists in different settings.

**Speakers :**



**DR. JOEY ENG JUI YEE**  
Nutrition Specialist  
UNICEF Malaysia



**MR. NG CHEE KAI**  
Registered Nutritionist,  
MAHPC(NUTR)00103  
Senior Assistant Director (Nutrition)  
Selangor State Health Department

Nutrition Career Journey  
3 March 2023:



**WEBINAR SERIES ON  
NUTRITION CAREER  
JOURNEY 2/2023**

Gain insights into leadership roles, challenges and opportunities of nutritionists in different settings.

**Speakers :**



**MS NUR NABILLA BINTI  
A RAHIM**  
Senior Corporate  
Nutritionist, Top Glove  
Sdn Bhd



**MRS SURYATI BINTI  
MUHAMMAD ALINAFIAH**  
Science Officer, Research  
Section, Faculty of Medicine and  
Health Sciences, UPM

Nutrition Career Journey  
18 March 2023:

# Nutrition Career Journey 1/2023

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- **Highlights of the talk:**

- A total of 213 participants attended the webinar.
- The speakers provided insights to future nutritionists working in different settings, especially in governmental and non-governmental sectors.

The image displays a promotional poster for a webinar series and a screenshot of the webinar interface. The poster, titled "WEBINAR SERIES ON NUTRITION CAREER JOURNEY 1/2023", features logos for the Malaysian Ministry of Health and the National Nutrition Programme (NLP). It lists two speakers: Dr. Joey Eng Jui Yee, a UNICEF Malaysia Nutrition Specialist, and Mr. Ng Chee Kai, a Registered Nutritionist and Senior Assistant Director at the Selangor State Health Department. The webinar interface screenshot shows a "Certificate Presentation" slide for Dr. Joey Eng Jui Yee, awarded by the NLP on 20th March 2023. The interface also includes a grid of participant video feeds and a control bar at the bottom with icons for chat, raise hand, Q&A, show controls, and reactions.

# Nutrition Career Journey 2/2023

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- **Highlights of the talk:**

- A total of 91 participants joined the webinar
- Participants gained new insights from both speakers, with few comments indicating that the sharing helped them learn about career opportunities for nutritionists in corporate settings.



# NUTRITION COMMUNICATION TRAINING WORKSHOP

## Nutrition Communication Training Workshop **FROM THEORY TO PRACTICE** COMMUNICATION SKILLS FOR NUTRITIONISTS



Instructor

**Ms. Sonia K Sarpal**

BSc (Hons) Nutrition & Community Health,  
MBA, Doctoral Candidate  
Certified HRDF Trainer,  
Certified Life Coach



**Date** : 6 - 7 July 2023 (Thur - Fri)  
**Time** : 9.00 am - 4.00 pm  
**Venue** : SVOFO Seminar Training Meeting Space,  
Kota Damansara  
**Fees\*** : RM350

**RM200 (discounted rate) for NSM Members\* and  
attendees of the 38th NSM Scientific Conference 2023**

REGISTER NOW!



\*Priority is given to active NSM Ordinary / Life members who are practising in the field of nutrition.  
All members (except Life Members) must have paid up their annual membership fees, including for  
2022, to be eligible to attend at NSM member rate.

**Limited to 35 pax only!**

<https://form>

For more details, visit: <https://nutriweb.org.my/>

For enquires, kindly contact my!



# Programme

Day 1		Day 2	
Time	Programme	Time	Programme
8.45 am	Registration	9.00 am	Module 6 (Speaking like a STAR) & Module 7 (Asking good questions)
9.00 am	Introduction & Ice Breaker	11.00 am	Module 8 (Appreciative inquiry) & Module 9 (Mastering the Art of Conversation)
10.00 am	Module 1 (Getting Started) & Module 2 (The Big Picture)	1.00 pm	Lunch break
12.00 pm	Module 3 (Understanding communication barriers)	2.00 pm	Module 10 (Mastering the Art of Conversation) & Module 11 (Advanced Communication Skills)
1.00 pm	Lunch break	4.00 pm	Optional: Additional learning on social media Wrap up & End of the Workshop
2.00 pm	Module 4 (Paraverbal communication skills) & Module 5 (Non-verbal communication)		
4.00 pm	Optional: Additional learning on social media End of Day 1		



## NUTRITION COMMUNICATION TRAINING WORKSHOP

A total of 26 nutritionists from the corporate, retail, and government sectors participated in the workshop.

## Message from the President



## The workshop concluded:

Participants gained knowledge and skills to communicate effectively about nutrition.

The workshop's expert facilitator, comprehensive modules, and practical activities ensured an enriching experience.

A few feedbacks from the participants were, "Good workshop to improve my communication skills and helping me to implement in my current practices" and "It was a great workshop with a fantastic trainer, *and it was good meeting all the participants with different backgrounds.*"

# Acknowledgements

The MyNLP Technical Working Committee would like to express our sincere gratitude to all invited speakers and participants.

Also, special thanks to the following NSM Intern who assisted in the implementation of the different programmes:

- Ms Ameera Farhana