



**FREEDOM  
DISCOVERY**  
MANAGEMENT SDN BHD (792902-W)

**THE FINE ARTISANS TO  
PROVIDE A LEARNING  
SOLUTION EXCELLENT  
FOR ASSOCIATES  
SINCE 2000**

## Training Programs & Services Provided

1. **MANAGEMENT, LEADERSHIP & PERSONAL DEVELOPMENT**
2. **SAFETY, HEALTH & ENVIRONMENTAL**
3. **TECHNICAL & ENGINEERING**
4. **ISO MANAGEMENT SYSTEM**
5. **QUALITY TRAININGS**
6. **CYBER SECURITY WORLD**
7. **DIGITAL MARKETING**



**COACHING**  
The Science of Transforming Everyone

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### MANAGEMENT, LEADERSHIP & PERSONAL DEVELOPMENT

- 1 to 1 Coaching
- Organizational Coaching
- Executive Coaching
- Leaders as Coaches Mastery
- Change Management
- Conflict Management
- Supervisory & Managerial Skills with Coaching
- Leadership & Management
- Time Management
- Personal Development Trainings
- Psychology Communications using NLP
- Emotional Intelligent
- Key Performance Index (KPI)
- Thinking Skills
- Effective Communication Skills
- Time Management
- Stress, Burnout & Anger Management
- Emotional Intelligence (EQ)
- Cultural Diversity
- Cultivating High Performance Team
- Effective Meeting Skills
- Critical Thinking
- Strategic Thinking & Mind Mapping
- Motivation
- Team Building
- Strategic thinking
- Design Thinking
- Balanced Scorecard
- Customer Service Skills
- Presentation Skills
- Self Mastery Skills And How to
- Sustain A Positive Mindset Always
- Mastery in Psychology of Selling
- Presentation Skill
- Personal Development Training

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### SAFETY, HEALTH & ENVIRONMENTAL

- Emergency Response Plan and Preparedness
- Fundamental of HIRARC
- Safety and Health Committee
- Ergonomic and Manual Handling
- Occupational First Aid & CPR
- Forklift Truck Safe Handling
- Shover Safe Handling
- Safe handling of chemical
- Behavioural Based Safety (BBS)
- Electrical Safety
- Fire Management and Fire Fighting
- Fire Fighting and ERP Training
- Chemical Spill and Response
- Self-Contained Breathing Apparatus SCBA
- Working At Height
- Accident Investigation Training
- Lifting Supervisor
- Emergency Response & Fire Fighting

#### Personal Protective Equipment (PPE)

- Hearing Conservation
- Methods Of Using Fire Fighting Equipment
- Chemical Handling & Spillage
- Restriction Of Hazardous Substance (RoHS)
- Hazard Identification Risk Assessment & Control (HIRARC)
- Chemical Health Risk Assessment (CHRA)
- Forklift & Power Pallet Truck Safety
- Dangerous Goods Regulations
- Decoding & Applying The Malaysian
- Environmental Law
- Effective Safety Committee Meeting
- Environmental Aspect & Impact Assessment
- Accident & Incident Investigation
- Ergonomic Risk Assessment Level 1 & 2 (ERA)
- Emergency Response Team & Fire Safety (ERT)
- Waste Water Treatment
- Sewage Plants
- Food safety Handling
- Basic Building Maintenance

**3****TECHNICAL & ENGINEERING**

- Calibration Control
- Equipment Preventive Maintenance
- Electrical Schematic Reading
- Total Productive Maintenance (TPM)
- Electrostatic Discharge (ESD)
- Programmable Logic Controller (PLC)
- Application Of Pneumatic System
- Basic Electrical & Electronics
- Geometric Dimensioning & Tolerance (GD&T)
- Application Of Hydraulic System
- Design Of Experiment (DOE)

**Measurement System Analysis (MSA)**

- Automation Technology
- Lock Out Tag Out (LOTO)
- Soldering Techniques
- Technical Report Writing
- Value Stream Mapping
- Opto Electronics
- Fiber Optic Technology
- Relay Maintenance
- Industry 4.0
- IPC-A-610 Acceptability Of Electronic Assemblies
- Project Management

**4****ISO MANAGEMENT SYSTEM**

- ISO 9001 Quality Management System
- ISO 14001 Environmental Management System
- ISO 45001 Health & Safety Management System
- ISO 13485 Medical Devices Quality Management System
- ISO 28000 Supply Chain Security Management System

**4****ISO MANAGEMENT SYSTEM Cont....**

- ISO 50001 Energy Management System
- ATF 16949 Automotive Quality Management System
- ISO 22301 Business Continuity Management System
- ISO 17025 Testing & Calibration Laboratories
- ISO 22000 Food Management System
- HACCP - Hazard Analysis & Critical Control Point
- GMP / cGMP - Good Manufacturing Practice
- C-TPAT - Customs Trade Partnership Against Terrorism
- TAPA - Transported Asset Protection Association
- EICC - Electronics Industry Citizenship Code Of Conduct
- SMETA - Sedex Members Ethical Trade Audit

**5****QUALITY TRAININGS**

- Six Sigma
- 5S / 6S / 7S
- Statistical Process Control (SPC)
- Seven Basic & Advance OC Tools
- Kaizen
- Toyota Way Of Quality
- Poka-Yoke
- Balanced Scorecard
- Root Cause Analysis (RCA)
- Fish Bone Diagram (Ishikawa)
- Total Quality Management (TQM)
- Quality Control Circle (QCC)
- Innovative & Creative Circle (ICC)

**5****QUALITY TRAININGS Cont....**

- Taguchi
- 8D Problem Solving Approach
- Lean Manufacturing
- Advanced Product Quality Planning (APQP)
- Production Parts Approval Process (PAP)
- Acceptance Quality Limit (AQL)
- Why-Why Analysis

**6****CYBER SECURITY WORLD**

- The Internet of Things (IoT) and People
- Social Engineering - Information Security and You
- Cybersecurity for Organization
- Cybersecurity Masterclass
- A Security Mindset - Cybersecurity
- Build Your Security Strategy - Cyber World
- Risk Management for Cybersecurity and IT Managers
- Information Security Management
- Cybersecurity Habits
- Security Awareness Training , Internet Security for Everyone

**7****DIGITAL MARKETING**

- Mastering Digital Domination
- Advanced Strategies for Marketing
- Digital Marketing Principles