

Headline	Going the extra mile		
MediaTitle	Malay Mail		
Date	08 Apr 2016	Color	Full Color
Section	News	Circulation	35,000
Page No	31	Readership	105,000
Language	English	ArticleSize	365 cm ²
Journalist	N/A	AdValue	RM 4,171
Frequency	Daily	PR Value	RM 12,512



Going the extra mile

EKUITI Nasional Berhad (Ekuinas) recently launched 'Iltizam', a programme which focuses on entrepreneurship, education and the community.

The initiative is inspired by the determination of those who strive to achieve change and impactful transformation, and aims to inspire target groups to realise their full potential.

Under the education pillar, Iltizam runs a professional development programme (PDP) for local graduates to undertake a 12-month employment contract with full pay and benefits, along with on-the-job and structured soft skills training aimed at enhancing their employability.

After releasing three batches to join the workforce since 2012, the programme is now further enhanced with a new component — endurance training, which focuses on health and fitness.

The company's stakeholder interests director Hizwani Hassan said: "The trainees need to be fit and healthy. This new component is to create awareness that health is vital to ensure a person can be productive at work and in life.

"One the most important aspects that is also taught through the programme is teamwork."

The programme places the trainees at various Ekuinas portfolio companies to develop their business, management and leadership skills, English communication and presentation training, image and personal branding, special projects, financial and business acumen, team building and endurance training.

The endurance training saw 48 participants hiking up the Broga Hill in Semenyih. It was part of their fitness training as preparation for the ultimate goal to hike the highest point in Selangor, the 1,493m Mount Nuang next month.

Hizwani, who led the young hikers up Broga Hill, said PDP gives them a different experience compared to other graduate training programmes.

"The peak is the target. If you achieve the target, it means you achieve success," he said.

"On the way up, there are obstacles that will challenge your physical and mental endurance. The key is not to give up."

As part of the endurance training, the participants went jungle trekking at the Forest Research Institute Malaysia and ran 5km every week. Trainer Mohd Ariff Syafiq tracked their progress and since joining the programme, several trainees even made great strides by joining running events.

Nur Zuhairah Zulkapli, 27, took part in a 5km run in Putrajaya, and Mat Fazli Mat Johari, 25, participated in his first half marathon at the Shah Alam Night Run. Meanwhile, Zainal Abid Zainal Adlishah, 24, completed a 10km run in Putrajaya.

All 72 trainees either continued employment at Ekuinas portfolio companies or are offered permanent positions at other companies. Some also opt to further their studies. For the upcoming intake in July, Ekuinas is committed to increase the number of trainees.

To apply, email your resume to iltizampdp@ekuinas.com.my before April 17.



Participants taking on Broga Hill as part of the endurance training programme.